



Beet Panna Cotta

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Categories: Desserts

Servings: 6

Start to Finish Time: 4 hours 45 minutes

Preparation Time: 4 hours 30 minutes

Description: Add the Lemon Coconut Cream topping, and you have a wonderful earthy dessert.

Ingredients

1/2 lb trimmed and peeled Red Beets
3 1/2 c unsweetened Coconut Milk (full-fat), divided
1/2 c Heavy Cream
1/2 t Sea Salt
1 sm pkg unflavored Gelatin
4 T raw, fresh Honey, divided
2 1/2 t Vanilla Extract, divided
1 med Lemon, zested and juiced

Directions -

- 1) Chop beets into 1/2" pieces.
- 2) Add beets, 2 cups of coconut milk and salt to a medium saucepan and bring to a simmer over medium heat. Store the remaining coconut milk in the refrigerator.
- 3) Cover, reduce heat to simmer and gently cook beets until tender (~30 minutes). Allow to cool slightly. While cooling, add gelatin and 2 tbsp. cold water to a high powered blender and let sit for 5 minutes to soften.
- 4) Add beet mixture, 3 tbsp. honey and 1/2 tsp. vanilla to the blender. Puree until smooth. Pour contents through a fine mesh strainer into a large bowl and discard any solids. Divide the panna cotta puree evenly among 6 dessert glasses and place in the refrigerator for 4 hours.
- 5) Once the panna cotta has set, make the lemon coconut cream. Place the remaining cup and a half of coconut milk and a stainless steel mixing bowl in the freezer for 10 minutes to chill.
- 6) Remove from freezer and add the coconut milk and heavy cream to the bowl, along with 1 tbsp. honey, 2 tsp. vanilla, and the lemon juice.
- 7) Whip the contents on high with a stand mixer (using whisk attachment), or a hand mixer, for 7 minutes. It's worth the wait for the cream to thicken up! Divide the cream and place on top of the panna cotta. Garnish with lemon zest and enjoy!