

Beat the heat with these desserts

Website: Femina.in

Link: <http://www.femina.in/life/food/three-irresistible-dessert-recipes-43438.html>

FEMINA

Beat the heat with these desserts

by [Kinjal Shah](#) | March 30, 2017, 12:00 AM IST

A- A+



Vanilla honey panna cotta

Ingredients

- 450 g whipping cream
- 80 g honey
- 10 g vanilla pods/beans/seeds
- 60 ml water
- 30 g unflavoured gelatine
- 240 ml buttermilk
- 20 g pistachios, chopped

For the honey sauce

50 ml honey

120 ml water

20 ml lemon juice

Method

First, to make the sauce, take honey in a pan, add water and sugar to it, simmer till all sugar is melted and then finish with lemon juice.

To make the panna cotta, in another two-quart saucepan, heat whipping cream till it starts to boil, then add honey, vanilla and stir over medium heat.

Remove from heat and cover and let the cream steep for 30 minutes to infuse vanilla flavours into it.

When the cream is steeped, in a small bowl, pour 1/4 cup of water, sprinkle gelatine over it and set aside.

Reheat the cream mixture and remove vanilla bean and add softened gelatine.

Remove from heat and whisk till gelatine is dissolved.

Add buttermilk and whisk again till blended.

Add chopped pistachios to it and refrigerate for an hour.

To assemble desserts, spoon small amounts of honey sauce at the bottom of each serving glass or dish. Carefully pour the panna cotta mixture over the sauce.

Let it stand at room temperature for about 20 minutes.

Refrigerate for three to four hours before serving, and garnish with pistachios.



Apple kheer

Ingredients

1 medium red apple
1 medium green apple
a few threads of, saffron
5 cups of, milk
1/2 cup sugar
1/2 tsp green cardamom powder
10 almonds, sliced
10 pistachios, sliced

Method

Bring milk to a boil in a thick bottom pan and simmer till it thickens.

Spoon some milk in a small bowl and soak the saffron threads in it.

Grate apples without peeling and keep it aside.

Heat a pan, add grated apples and cook on medium heat.

Add sugar and stew till sugar melts and continue to cook till most of the moisture evaporates.

Add some of the reduced milk and cook.

As the mixture thickens, add the remaining milk and cook till the kheer thickens some more.

Add green cardamom powder, almonds and pistachios and continue to cook till the kheer thickens to the desired consistency.

Add the soaked saffron, cool the mixture in a refrigerator and then serve chilled.





Banana pudding shots

Ingredients

1 box of, vanilla pudding and pie filling mix
500 g cream cheese
10 g vanilla beans/pods/seeds
300 g whipped topping
30 vanilla wafer cookies
2 small bananas, thinly sliced

Method

In a two-quart saucepan, stir pudding mix and half-and-half.
Cook over medium heat, stirring constantly, till it thickens.
Stir in vanilla and remove from heat and pour into a medium bowl.
Cover and refrigerate for about an hour or till its chilled.
Spoon pudding into one gallon of re-sealable food-storage plastic bag and seal the bag
Spoon whipped topping into one-quarter of the re-sealable food-storage plastic bag and seal the bag.
Cut 1/8-inch opening diagonally across bottom corner of each bag.
At the bottom of each of 24 shot glasses, place one cookie.
In each glass, pipe about two teaspoons of the pudding over the cookie.
Top with one banana slice.
Pipe about two teaspoons of whipped topping over banana and repeat layers.
Sprinkle with crushed cookies and serve immediately or refrigerate for up to 30 minutes.

Recipe and photograph courtesy: Chef Ashish Rai, Head Culinary, Barbeque Nation Hospitality Ltd.