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Greek Yogurt Orange Essence Panna Cotta with Spiced Poached Asian Pears

Yield: 8 servings

For the panna cotta

Ingredients

1/2 cup organic whole milk
2 teaspoons unflavored gelatin
2 cups organic heavy whipping cream,
divided
1/2 cup organic pure cane sugar
1 tbsp finely grated orange peel
1 tsp vanilla extract
1 1/2 cups whole-milk Greek yogurt



Method

1. Place milk in a medium bowl and whisk in the gelatin; let stand until softened for 10 minutes.
2. Place 1 cup cream and next 3 ingredients in large saucepan. Bring to simmer over medium heat.
3. Add gelatin mixture; stir until gelatin dissolves, about 1 minute. Remove from heat.
4. Whisk in remaining 1 cup cream and yogurt.
5. Transfer to individual molds (e.g., ramekins, espresso cups, disposable plastic cups) that have been lightly oiled with a neutral-tasting oil. Cover; chill until set, at least 4 hours. (This can be made a day ahead. Keep chilled.)

For the poached Asian pears

Ingredients

3 cups red wine
2 cups apple juice

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- 1 cinnamon stick
- 3 cloves
- 2 6-inch strips orange peel
- 1 vanilla bean, split lengthwise
- 4 Asian pears, peeled, halved, cored

Method

1. Place first 7 ingredients in large saucepan.
2. Scrape seeds from vanilla bean; add bean. Bring to simmer over medium heat, stirring until sugar dissolves. Simmer 25 minutes. Add pears and simmer until soft, turning pears frequently, about 30 minutes. (Note: Asian pears are hardy and will still be firm and crunchy after this cooking process.)
3. Cool pears in syrup. Remove pears set aside for serving.
4. Strain syrup into another saucepan. Simmer over medium heat until reduced to 1 1/2 cups, about 30 minutes.

To assemble

1. Fill a large bowl partway with warm to hot water. Wipe a dessert plate with a damp paper towel.
2. Run a thin knife carefully around the sides of the panna cotta molds.
3. Dip the panna cotta molds in the warm water up to its rim, and hold it there for about 3 seconds.
4. Invert the molds over the plate and shake gently to help the panna cotta fall out, or press gently on one side to help nudge it out. It should fall out on the plate easily. (If it does not, return to the warm water bath in increments of 2 seconds.) Reposition on the plate if desired.
5. Thinly slice pear halves. Place 1 atop panna cotta in each dish. Drizzle some syrup over.

