

The Daily Tea



Rose & Keemun Black Tea Panna Cotta with Pistachios & Edible Flowers

An Italian cooked cream dessert is given a tea twist by infusing it with Rose & Keemun black tea. If you can't find that particular blend, purchase Keemun black tea and blend with dried rose petals or other dried flowers (note: rose offers more intense, perfumed floral flavor in comparison to other dried flowers). The Chinese Keemun black tea offers toasty, sweetly smoky notes with gentle fruit flavors and an essence of subtle dark cocoa and brown sugar. The black tea is then scented with rose and blended with dried rose petals that add a sweet, soft and deeply floral quality that sends your senses to a rose garden. When infused in the cream, the panna cotta tastes of a faint bouquet of roses and toasty complex depth from the Keemun black tea. If pistachios and edible flowers aren't available for garnish, opt for almonds or hazelnuts and top with fresh berries.

Makes 2 servings

Ingredients:

- 1/2 cup cream
- 2 tablespoons Keemun rose black tea
- 1/2 cup whole milk
- 3/4 teaspoon gelatin
- 1/8 cup wildflower honey
- 2 tablespoons pistachios, roughly chopped
- Edible flowers for garnish

Bring cream to a simmer in a small pot over medium low heat. Stir in the tea and let it infuse for 7 minutes. While the tea steeps, add milk to another small pot off the heat, sprinkle gelatin on top and let it bloom for at least 5 minutes. When the tea has finished steeping, strain the tea leaves. Now that the gelatin has bloomed, warm the milk over low heat, stir in the honey for about 60 seconds or until completely dissolved, but make sure not to bring the milk to a boil. Whisk the tea infused cream into the milk and take it off the heat. Let cool and divide the milk and cream mixture evenly between two ramekins, small dishes or even large tea cups. Cover with plastic wrap and let set in the fridge for 2-4 hours or overnight. When ready to serve, top with pistachios and edible flowers.

Only on The Daily Tea - #TheAlexisShowTEA
www.TheDailyTea.com