

Greek yogurt pannacottas with rhubarb compote

Little creamy wobbling jellies with deep-pink rhubarb and green pistachios: this comforting food just makes you want to smile. I love traditional pannacottas, but unfortunately they are usually made with double cream, sugar and rum, and although sometimes it feels like happiness can be found at the bottom of a cream pie, it doesn't help.

My pannacottas are made with wonderful Greek yogurt and natural honey, and so are better for you (the yogurt and honey both contain healthy bacteria) but still taste delicious. Don't be put off by the setting time: a little pre-planning goes a long way and, after all, anticipation is part of the joy of eating!

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Serves 4

Preparation time 15 minutes, plus cooling and setting
for up to 5 hours

Cooking time 10 minutes

4 sheets leaf gelatine
200ml milk
1 vanilla pod
2 tbsp runny honey
250g tub 0% fat Greek yogurt

For the compote

200g pink rhubarb
75g fruit sugar, such as Fruisana,
or 100g caster sugar
1 tbsp chopped pistachios

First, to make the pannacottas, put the gelatine into a bowl and cover with cold water, then leave to one side until it becomes floppy.

Pour the milk into a saucepan and heat gently. Slit the vanilla pod on one side and open it up. Using the tip of a sharp knife, scrape out the sticky seeds and add to the milk with the empty pod and the honey. Bring gently to the boil and remove from the heat when it starts to bubble around the pan sides.

Drain off the gelatine sheets, squeezing out any excess water and stir into the hot milk until dissolved. Then beat in the yogurt until smooth and pour through a sieve into a bowl.

You can pour the mix into moulds now, but the vanilla seeds will sink to the bottom. So I prefer allowing the mixture to cool then chilling it in the fridge, stirring every 30 minutes or so, until it begins to set around the edges. As the mixture thickens you can then decant it into 4 lightly oiled, round metal moulds (of about 125ml capacity) or ramekins. Then chill for about 3 hours until completely set.

While the pannacottas are chilling, make the compote. Trim the rhubarb and cut into 3cm lengths. Heat the sugar with 100ml of water in a medium saucepan, stirring until dissolved. Add the rhubarb and bring to the boil. Simmer very gently for about 5 minutes, trying to keep the rhubarb pieces intact if possible. Remove and leave to cool.

When the compote is cooled, run a table knife around the pannacottas, shake out on to small dessert plates and serve the compote alongside. Sprinkle with the pistachios and serve.

