

# Colonsay Wildflower Honey and Carrageen Pannacotta with Wild Strawberries

Recipe by Alison Henderson,  
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## Ingredients

Serves 6

300ml double cream

1/2 tsp vanilla paste

100g **Colonsay Wildflower Honey**

150g Natural or Greek Yoghurt

300ml milk

8g carrageen, rinsed



## Directions

Put the cream, vanilla, honey and yoghurt into a medium sized saucepan and bring slowly to the boil, stirring occasionally, then remove from the heat.

In another pan, bring the milk and carrageen to the boil and simmer very gently until the milk becomes slightly viscous, about 6-7 minutes. It is important not to make the milk too thick at this stage to avoid setting the pannacotta too firmly.

Combine the 2 liquids, pass the mixture through a fine sieve 3 times to remove all the carrageen.

Carefully pour the mixture into 8 serving glasses or lightly butter 6 dariole moulds and line the bases with baking parchment and fill these. Chill for 8 hours.

To serve, run a knife carefully around the edges of the dariole moulds and carefully unmould or serve in little glasses, topped with foraged Wild Strawberries.

