



GRAHAM BECK

MÉTHODE CAP CLASSIQUE



RASPBERRY & COCONUT PANNA COTTA SLICE



SERVES:

Makes 20

FOR THE JAM:

750 g frozen raspberries
125 ml (½ cup) honey
60 ml (¼ cup) chia seeds
60 ml (¼ cup) coconut oil

FOR THE BASE:

250 ml (1 cup) rolled oats
250 ml (1 cup) desiccated coconut
250 ml (1 cup) almond flour
80 ml (⅓ cup) coconut oil, melted
15 (300 g) fresh dates, pitted
60 ml (¼ cup) cacao powder

FOR THE PANNA COTTA:

60 ml (¼ cup) water
7,5 ml (½ tbsp) powdered gelatin
310 ml (1 ¼ cup) coconut milk
45 ml (3 tbsp) honey
60 ml (¼ cup) freeze dried raspberries

METHOD:

For the jam, place the raspberries and honey in a medium saucepan over high heat. Cook, stirring occasionally, for 15-18 minutes or until softened and liquid has reduced. Remove from the heat and add the chia seeds and coconut oil. Stir to combine and set aside for 20 minutes to cool.

Preheat oven to 160°C. Line and grease a 20x30cm slice tin with baking paper.

For the base: Place the oats, coconut, almond flour, coconut oil, dates and cacao in the bowl of a food processor and process for 2-3 minutes or until the mixture comes together.

Press the mixture into the prepared tin, smoothing the top with a spoon. Bake for 20 minutes or until firm. Remove from the oven and set aside to cool slightly. Pour the jam over the base smoothing it out with a palette knife. Place in the refrigerator for 2 hours or until completely cooled and firm.

For the panna cotta: Pour the water in a small bowl and sprinkle the gelatin over the surface. Stir to combine and set aside for 5 minutes or until the gelatin has been absorbed.

Place the coconut milk and honey in a small saucepan over high heat and bring to just below the boil. Remove from heat and whisk in the gelatin mixture until dissolved. Strain and set aside to cool completely.

Pour the panna cotta mixture over the slice and refrigerate for 2 hours or until completely set. Cut into bars. Top with freeze dried raspberries to serve.

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Drink responsibly. Not for sale to persons under the age of 18