



Matcha Green Tea Panna Cotta with Fresh Chilean Blueberry and Nectarine Compote

INGREDIENTS

PANNA COTTA

1 tsp. unflavored gelatin
1 Tbsp. cold water
3 Tbsp. granulated sugar
1 cup half-and-half
1/4 tsp. vanilla extract
1 tsp. Matcha green tea

MERINGUE

4 large egg whites
1/2 cup icing or superfine sugar

COMPOTE

2 large fresh Chilean nectarines
3/4 cup sweet dessert wine
1/2 cup granulated sugar
1 cup fresh Chilean blueberries and raspberries
Mint leaves, for garnish

INSTRUCTIONS

Panna Cotta: Soften gelatin in 1 tablespoon cold water. In small saucepan over medium heat, heat and stir sugar and half-and-half until sugar dissolves. Whisk in softened gelatin and vanilla extract. In small bowl, whisk tea with 2 tablespoons sugar mixture until smooth. Mix together with remaining hot sugar mixture; strain and divide among 4 ramekins or custard cups (2/3-cup). Cover with plastic wrap and chill in refrigerator until gelatin sets, at least 2 hours.

Meringue: Beat egg whites in large bowl on medium speed until soft peaks form. Then, very gradually add icing sugar, 1 tablespoon at a time, beating on high speed until very stiff. Turn into pastry bag with plain tip and pipe 3-inch dollops onto baking sheet lined with parchment. Bake at 225°F for 1-1/2 to 2 hours until dry. Cool.

Compote: Blanch and peel nectarines; cut into 1/4-inch wedges. Place in 3-quart saucepan; add wine and sugar. Simmer on low heat, stirring occasionally, for about 2 minutes. Remove from heat; immediately transfer to a bowl and add blueberries, tossing to combine. Cool completely.





To assemble: Divide Compote and spoon onto 4 individual dessert plates. Unmold and place a Panna Cotta on top of each. Top with meringue and garnish with mint leaves. Serve cold or at room temperature.

SERVES 4

Recipe for the Chilean Fresh Fruit Association by Timothy Grayson, University of Wisconsin, Eau Claire, WI