

This is a pana cotta recipe, aptly named for the icebergs that traverse the waters along our coast.

SERVES
6

INGREDIENTS

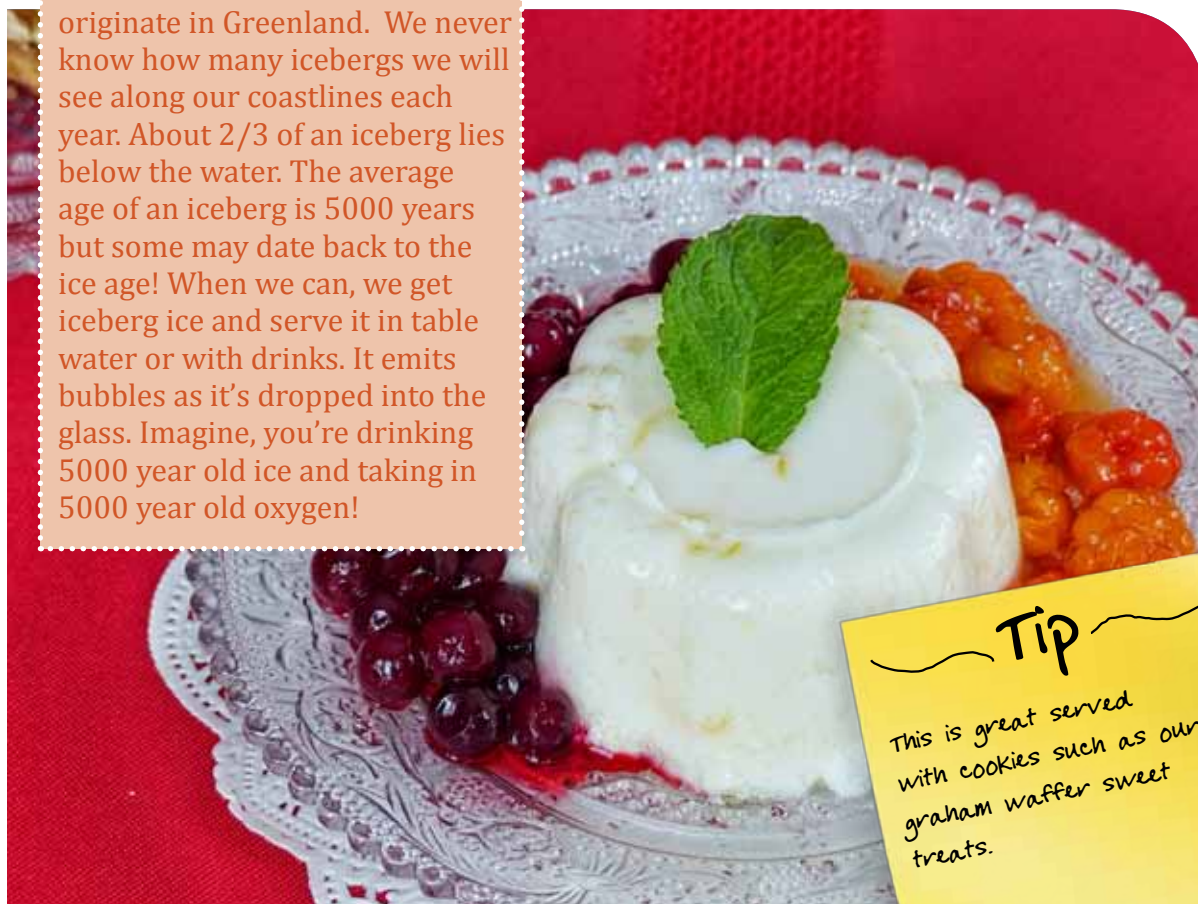
2 packs unflavoured gelatin
1 c. whole milk
2 c. vanilla yogurt
2 tsp. grated lemon rind
3 tbsp. lemon juice
½ - 1 c. partridgeberries &/or
bakeapples, thawed & sweetened
(other berries would also be good)

DIRECTIONS

1. Spray inside of 6 small pudding molds with oil.
2. Sprinkle gelatin over ¼ c. of the milk and leave 10 minutes.
3. Heat remaining milk but do not boil. Remove from heat and stir in gelatin until completely dissolved. Let cool for 5 minutes.
4. Add lemon rind and juice to yogurt. Blend milk into yogurt.
5. Pour into pudding molds and refrigerate until set (at least 4 hrs.)
6. Serve icebergs garnished with 1 - 2 tbsp. of each berry mixture.

Did you know?

Icebergs that course the waters of Newfoundland and Labrador originate in Greenland. We never know how many icebergs we will see along our coastlines each year. About 2/3 of an iceberg lies below the water. The average age of an iceberg is 5000 years but some may date back to the ice age! When we can, we get iceberg ice and serve it in table water or with drinks. It emits bubbles as it's dropped into the glass. Imagine, you're drinking 5000 year old ice and taking in 5000 year old oxygen!



Tip

This is great served with cookies such as our graham waffer sweet treats.