

French De-Light Cuisine week by Thalassa at Sofitel



a journey through low-calorie gastronomy

FRENCH DE-LIGHT WEEK

Sofitel Luxury Hotels presents a new low-calorie gastronomy program in partnership with Thalassa sea & spa. Based on the intrinsic healing powers of seawater, Thalassa sea & spa is a leading brand in the well-being sector, promoting harmony between the body and mind and the benefits of balanced nutrition.

The program features low-calorie cuisine, highlighting the chefs' inventive techniques in creating healthy meals, without sacrificing flavor. While the Thalassa menu items complement weight loss plans, the overall goal is a feeling of well-being – both physically and mentally.

www.sofitelde-light.com



PANNACOTTA WITH RED FRUITS

With hints of natural vanilla and the sweetness of honey, rather than processed sugar, this airy dessert is created with soya cream, a dairy-free healthful alternative, and paired with the exuberance of fresh raspberries and blackberries.

Time of preparation: 90 min.
(115 Kcal / pers.)

Ingredients for 4 persons:

- 7.05oz of white cheese (low-fat cream cheese)
- 7.05oz of Soya cream (dairy-free substitute)
- 1/2 vanilla bean
- 2 sheets of gelatin
- 1.75oz of raspberries
- 1.75oz of blackberries
- 0.35oz of honey

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Preparation:

- Soften the sheets of gelatin in cold water.
- In a saucepan, warm the Soya cream with the vanilla bean on slow heat until it simmers.
- Remove the vanilla bean and add the gelatin removed from the heat.
- Cool the mixture. Once cooled, blend the vanilla soya cream mixture with the white cheese.
- Reserve mixture in the refrigerator for at least two hours.
- To prepare the sauce, reduce the honey with the raspberries and blackberries in a small saucepan over slow heat. Set aside until room temperature.
- In four containers, layer the vanilla cream mixture with the sweet berry sauce and serve. Garnish with fresh mint if desired.

