



# Vanilla Panna Cotta with Rhubarb and Raspberry Compote

## Meal Cost Calculation

The recipes that are part of the 'Feed Four for \$15' campaign are suitable for four people based on an average meal size as determined by Countdown.

The cost of each meal is based on the actual quantity or portion of each ingredient used in the recipe, not the cost of the whole ingredient. For example, if the recipe requires half an onion, then the price used when calculating the meal cost will be half the cost of a whole onion, or if 2 cups of rice are required for a recipe, the price used when calculating the meal cost will be for 2 cups of rice (as opposed to the whole packet). The price of packaged dried herbs and spices used in the recipes is based on a percentage of the value of a whole packet, even if a smaller portion is used in an individual recipe. Remember, if an ingredient is purchased and only a portion is used, the rest can be used at a later stage.

Countdown assumes that you already have some basic items available at home which may not be included in the meal cost. These basic items vary from recipe to recipe and may include salt, pepper, oils, flours, milk, butter, bread and sugar.

Recipes identified as gluten free, dairy free or vegetarian has no ingredients known to commonly contain gluten, dairy, meat or meat products. As a pre-caution always check the ingredients you are using.

Prices of ingredients are based on the everyday (or non-promotional) price as determined on 20 March 2017. Prices of certain fresh produce may fluctuate according to availability and seasonal factors.

### Vanilla Panna Cotta with Rhubarb and Raspberry Compote

Recipe courtesy of Brett McGregor

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
2 cups	cream	Homebrand Cream 500ml	\$ 3.55 /500ml	\$ 3.55	
1 cup	sugar	PANTRY ITEM	\$ - -		
1 tsp	vanilla extract	Hansells Vanilla Extract with Seeds 50ml	\$ 6.99 /50ml	\$ 0.70	1 tsp = 5ml
2-3 tsp	powdered gelatine	McKenzies Gelatine 100g	\$ 4.79 /100g	\$ 0.72	1 tsp = 5ml
45ml	cold water	PANTRY ITEM	\$ - -		
	<b>Compote</b>				
175g	rhubarb, trimmed	Fresh Rhubarb Bunch	\$ 5.99 /bunch	\$ 3.00	Cost based on 1/2 bunch
1/2 cup	frozen raspberries	Select Frozen Raspberries 500g	\$ 7.99 /500g	\$ 2.00	
1/2 Tbsp	honey	Arataki Clover Blend 250g	\$ 5.49 /250g	\$ 0.16	
1/2	cinnamon stick	Mrs Rodgers Cinnamon Sticks 20g	\$ 2.30 /20g	\$ 0.23	Cost based on 10% of pack
50g	sugar	PANTRY ITEM	\$ - -		
	Juice of 1/2 orange	Loose Oranges	\$ 4.99 /kg	\$ 0.75	1 orange = 150g
<b>Total cost to make meal</b>				<b>\$ 11.10</b>	