

Yoghurt Cream with Pistachio Crumble

Yoghurt Cream with Pistachio Crumble is a light and creamy dessert that's topped with a layer of golden crunch. The seeds of the vanilla bean enhances the yoghurt with a natural flavour. For texture, there's a pistachio crumble (which is very tempting to eat just on its own!) and a sprinkling of chopped pistachios for extra crunch.



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My inspiration was to create a dessert that makes you feel good rather than feel heavy after eating it; a dessert that you can actually finish because it's not overly sweet or rich.

The yoghurt cream has the creaminess and consistency of a panacotta but **without using any cream**, and the crumble topping I make is not unlike that of an apple crumble.

Although it is a simple dessert, it's important to choose the best ingredients. Select a high quality (thick) Greek yoghurt and fresh pistachio nuts. Make sure that where you buy your nuts has a reasonable turnover.



Now about the crumble!

It's best to avoid using a food processor when making the crumble, otherwise you may end up with a mixture that's too powdery. I use a 4:2:1 ratio of flour/butter/sugar. I find that this ratio is a good balance, not too dry and not overly buttery.

Use your fingertips to work the butter into the flour. The best way to describe how to achieve a more **'wet sand'** like appearance is to **'pinch'** the mixture between your thumbs and fingers.

The photo on left the show you what to aim for.

Yoghurt Cream with Pistachio Crumble looks elegant in individual dessert bowls topped with extra pistachio nuts. It also looks great served as a 'mini dessert' in shot glasses, which is what I do when I host High Teas.



The yoghurt cream can be prepared a day ahead. The crumble is at its crunchiest on the day its been made; which is just as well as it may not see the light of day (it's that delicious!!).

Danielle

Preparation Time: 20 mins

Cooking Time: 25 minutes

Serves: 4

While this dessert is simple and quick to prepare, you do need to allow the yoghurt cream to set. I suggest **4 hours** in the fridge before serving.

Ingredients

The Yoghurt Mixture

- 500 ml / 17 fl oz Greek style yoghurt (thick)

- 2 sheets of gelatine (Note 1)
- 1/2 cup milk
- 1 vanilla bean
- 2 tbsp caster (fine) sugar

The Crumble

- 150 g / 5.5 oz plain (all purpose) flour
 - 15 finely chopped or ground pistachio nuts (Note 2)
 - 80 g / 3 oz unsalted butter (chopped into pieces)
 - 40 g / 1.5 oz brown sugar
 - 1 tsp baking powder
 - extra pistachios (roughly chopped) for sprinkling
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Instructions

1. **The Yoghurt Mixture:** Soak the gelatine sheets in cold water for 5 minutes, and then squeeze slightly to remove excess liquid. Set aside.
2. Scrape the seeds from the vanilla bean. (Note 3)
3. Place the milk, sugar and vanilla seeds in a small saucepan over **low** heat. Stir until sugar has dissolved. Do not allow the milk to boil. Add the gelatine leaves. Stir until **completely** dissolved. Remove from the heat. Cool a little. Add the yoghurt and stir until well combined. Pour the mixture into dessert bowls and refrigerate for 4 hours.
4. **The Crumble:** Preheat the oven to 180 C (350 F). Place the flour, finely chopped or ground pistachio nuts and butter in a bowl. Use your fingertips to work the butter into the flour. Pinch the mixture together to form chunky pieces. Toss through the sugar and baking powder.
5. Place baking (parchment) paper onto a baking tray. Tip the mixture onto the tray and spread it to cover an area 20 cm x 20 cm (8" x 8").

6. Press it down gently. Place the tray on the middle oven rack. Bake until golden (15-20 minutes). Remove from the oven and allow to cool. Use a fork or fingers to break apart the crumble.
 7. Spoon crumble over the yoghurt. Add extra roughly chopped pistachio nuts on top!!
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Notes

1. Gelatine sheets vary in sizes and in strength or bloom. My sheets were platinum bloom and measured 7.5 cm x 11.5 cm / 3" x 4.5".
2. The finely chopped or ground pistachio nuts are included in the flour ratio.
3. I also place the vanilla bean in the small saucepan for extra flavour. Remove it before adding the gelatine sheets.