

Adventure Cooking Camp

Session Plan: Mango Panna Cotta

1. Session Overview

Day: Tuesday

Time: 15:00–16:00

Age Range: 8–14

Group Size: Up to 4 children per group

Duration: 60 minutes (plus setting time)

Energy Level: Low

2. Learning Focus

Primary Skills: Gentle heat control, setting ratios

Secondary Skills: Measuring liquids, patience, hygiene

Confidence Outcome: Children feel confident making a set dessert and understand why chilling time matters.

3. Ingredients & Equipment (Per Group of 4)

Ingredients:

- Double cream – 300ml (or plant-based cream if required)
- Whole milk – 150ml (or plant-based alternative)
- Caster sugar – 60g
- Gelatine leaves – 2 (or vegetarian setting agent, see notes)
- Mango purée – 200g

Equipment:

- Small saucepan
- Heatproof bowl
- Measuring jug
- Whisk
- Dessert glasses or moulds

Allergens: Milk (check plant-based alternatives carefully)

4. Step-by-Step Cooking Instructions

Step 1 — Safety & Setup (5 mins)

Staff: Explain hot liquid safety and no-touch zones. Assign roles (measurer, whisker, observer).

Children: Wash hands, prepare glasses.

Step 2 — Bloom Gelatine (10 mins)

Staff Show: How to soften gelatine in cold water.

Children Do: Place gelatine leaves into cold water.

Critical Cue: Gelatine must be fully soft before heating.

Step 3 — Heat Cream Mixture (15 mins)

Staff: Control hob. Gently heat cream, milk and sugar until steaming, not boiling.

Children: Stir slowly and observe steam.

Critical Cue: Do NOT boil – boiling ruins the set.

Step 4 — Dissolve Gelatine & Add Mango (15 mins)

Staff: Remove from heat, squeeze gelatine dry and stir in until dissolved.

Children: Whisk in mango purée until smooth.

Step 5 — Pour & Chill (15 mins)

Staff: Demonstrate safe pouring technique.

Children: Pour into glasses and move carefully to fridge.

5. Setting Cues & Fixes

Did not set: Mixture boiled or gelatine not fully dissolved.

Grainy texture: Overheated cream.

Too firm: Too much gelatine – reduce next time.

Layer separation: Mango added when mixture too hot.

6. Delivery Notes for Staff

This is a calm end-of-day session — slow the pace.

Explain that setting happens in the fridge, not instantly.

Label clearly and refrigerate immediately.

7. End of Session

Reflection Questions:

- Why didn't we boil the cream?
- What would happen if we rushed the chilling?

Clean Down: Wash pans and bowls, wipe surfaces, store desserts chilled and labelled.