

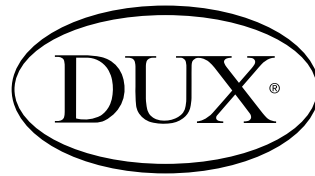


Sleep Tight, Wake Bright

IN PARTNERSHIP WITH

Aldo Zilli
Aldo Zilli

DUX is focused on creating a lifestyle. We have always championed health and wellbeing to enhance lives, delivered via DUX products. We know an important part of achieving true wellbeing is through comfort and sleep, but wanted to go further... We are thrilled to partner with Aldo, a chef renowned for health-conscious Mediterranean cuisine, to create recipes that further enhance the benefits of DUX products for our customers.

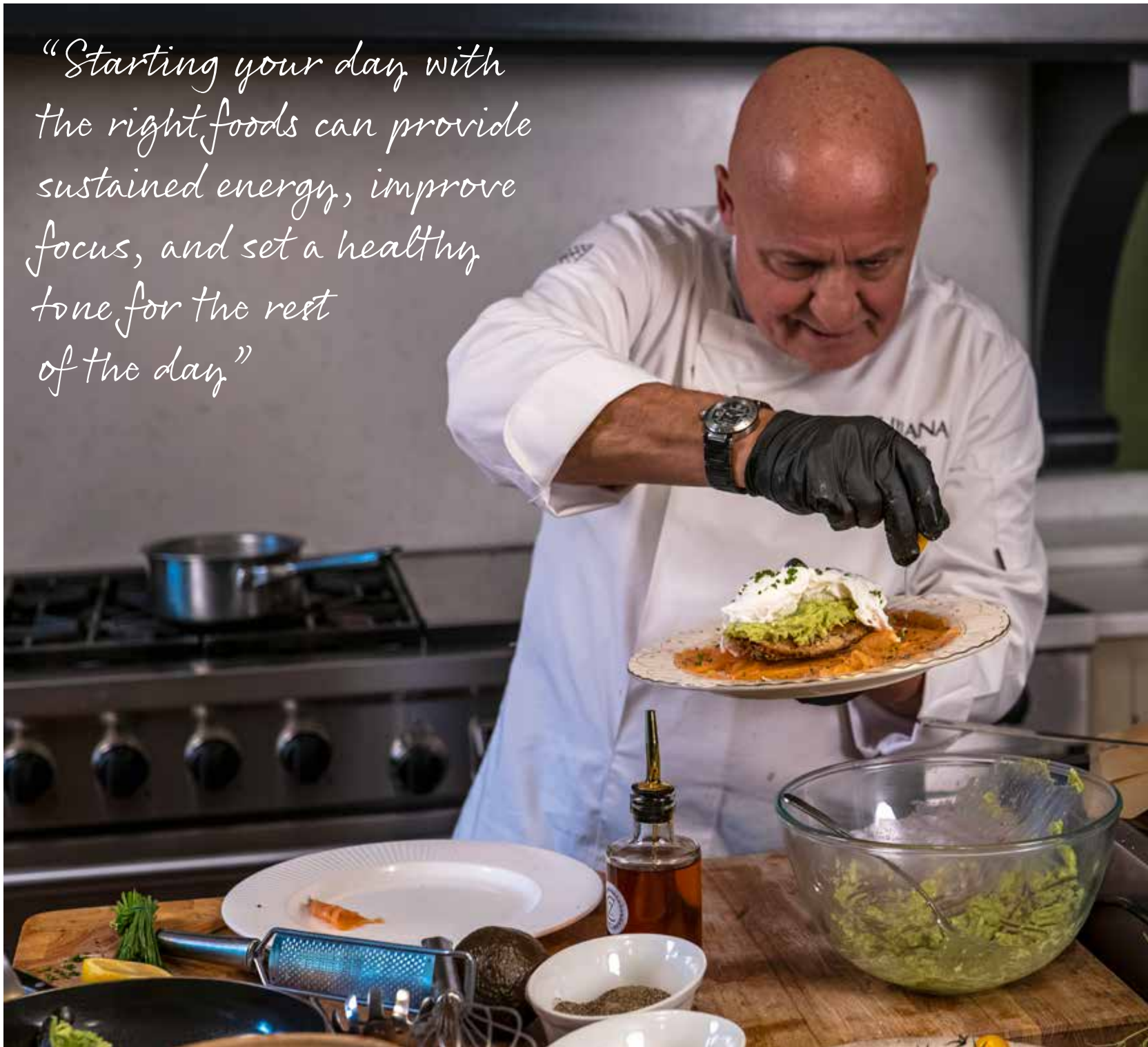


Working as a chef involves long hours with little sleep. When I discovered DUXIANA and their incredible beds, crafted with meticulous attention to detail and the finest materials, I knew I wanted to collaborate with them. What better way to do so than by creating recipes designed to help you sleep well and wake up feeling refreshed, ready to start your day.

A handwritten signature in black ink, appearing to read "Aldo Zilli".

Aldo Zilli

“Starting your day with the right foods can provide sustained energy, improve focus, and set a healthy tone for the rest of the day.”



Discover how the foods in this book can energise and nourish you, setting a strong foundation for your morning routine.

Sourdough Bread

Rich in Fibre: Sourdough is easier to digest than other bread due to its fermentation process. It contains healthy bacteria (probiotics) and fibre, which support gut health and aid digestion.

Steady Energy: The fermentation process lowers its glycemic index, providing a slow, steady release of energy throughout the morning.

Avocado

Healthy Fats: Avocados are rich in monounsaturated fats, which support heart health and provide long-lasting energy.

Fibre: Avocados are high in fibre, which helps regulate digestion and keep you feeling full for longer.

Vitamins and Minerals: Avocados are a great source of potassium, magnesium, and vitamins C, E, and K, which support energy production and overall health.

Butter

Healthy Fats: Butter provides saturated fats that help absorb fat-soluble vitamins (A, D, E, and K), supporting overall health.

Energy: Fats in butter offer a steady release of energy, which helps maintain energy levels until the next meal.

Smoked Salmon

Omega-3 Fatty Acids: Salmon is rich in omega-3s, which support brain health, reduce inflammation, and provide sustained energy.

Protein: The high-quality protein in smoked salmon helps build and repair tissues, keeps you full, and provides a steady energy boost.

B Vitamins: Salmon is a good source of B vitamins, especially B12, which supports brain function and reduces fatigue.

Eggs

High-Quality Protein: Eggs are an excellent source of complete protein, which helps repair muscles and provides lasting energy throughout the day.

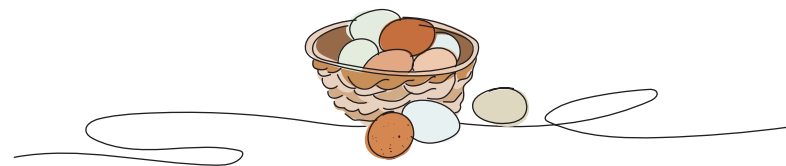
Choline: Eggs contain choline, which is important for brain health and cognitive function.

Vitamins and Minerals: Eggs are rich in essential nutrients like vitamins D, B12, and selenium.

Parmesan Cheese

Calcium: Parmesan is a rich source of calcium, which is essential for bone health.

Protein: It provides high-quality protein to support muscle function and energy production.



Extra Virgin Olive Oil

Healthy Fats: Olive oil is rich in monounsaturated fats and antioxidants, which support heart health and provide anti-inflammatory benefits.

Antioxidants: Contains vitamin E and polyphenols that protect cells from damage and support skin and brain health.

Parma Ham

Protein: Parma ham is a good source of protein, which helps build muscle and maintain energy levels.

Iron and Zinc: These minerals help with energy production and immune function.

Onion

Prebiotics: Onions contain prebiotic fibres that promote the growth of healthy gut bacteria, supporting digestion and overall health.

Antioxidants: Onions are rich in quercetin, an antioxidant that reduces inflammation and supports heart health.

Cherry Tomatoes

Vitamins C and A: Cherry tomatoes are rich in vitamin C, which boosts immunity and energy levels, and vitamin A, which supports eye health.

Lycopene: This antioxidant found in tomatoes helps reduce oxidative stress and inflammation.

Double Cream

Rich in Healthy Fats: Double cream provides fats that offer long-lasting energy and help you stay full.

Vitamin A: Cream is also a good source of vitamin A, important for immune function and skin health.

Truffle Salt

Truffle salt combines the rich flavour of truffles with the minerals in salt. Its intense taste allows for reduced sodium intake, supporting heart health. Truffles contain antioxidants and anti-inflammatory compounds that combat oxidative stress and inflammation.

Additionally, its unique aroma and flavour can boost mood and satisfaction, making it a flavourful and health-conscious addition to your diet when used in moderation.

Truffle Oil

Healthy Fats: Like olive oil, truffle oil contains healthy fats that support heart health and energy production.

Antioxidants: Truffles have antioxidant properties that can help reduce inflammation and oxidative stress in the body.

Pepper

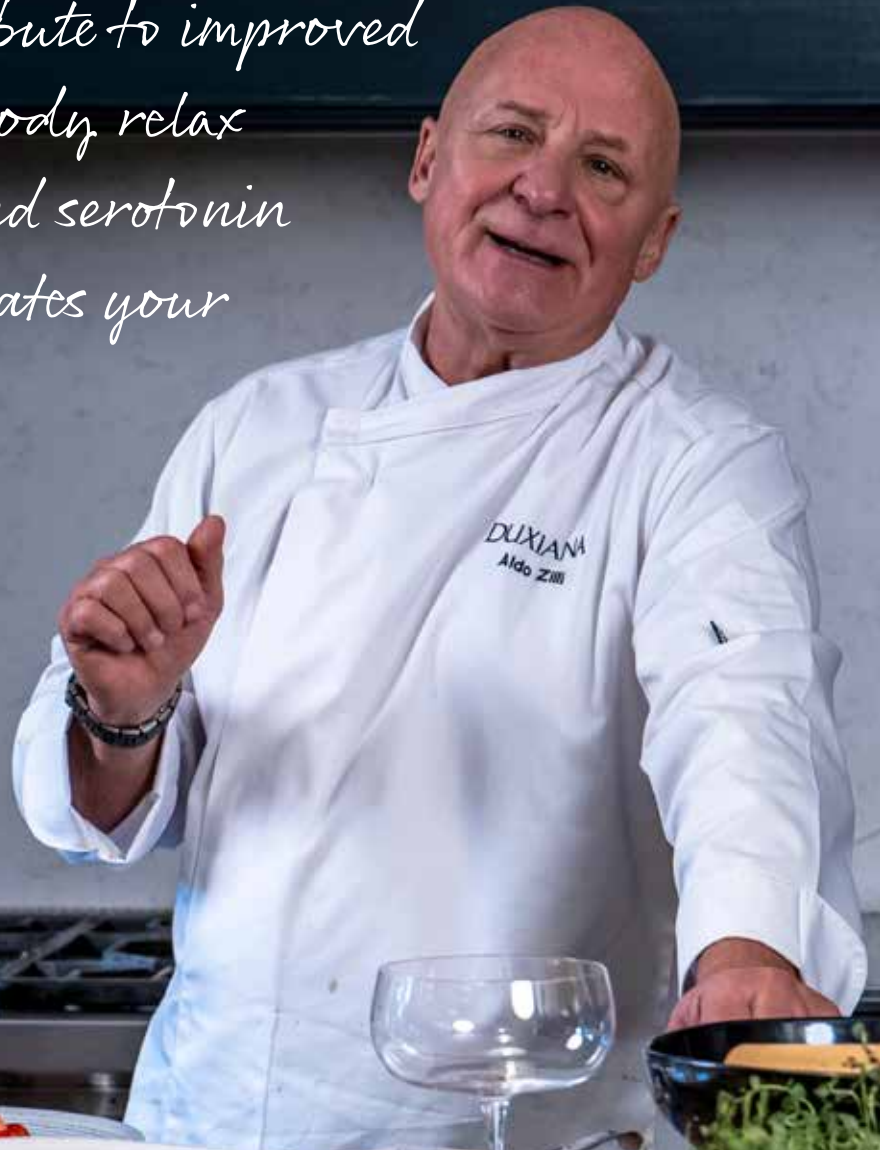
Antioxidant Properties: Black pepper contains piperine, which improves digestion and the absorption of nutrients from other foods.

Improved Digestion: Pepper also stimulates the production of digestive enzymes, aiding nutrient absorption.





“Certain foods can contribute to improved sleep by helping your body relax and support melatonin and serotonin production, which regulates your sleep - wake cycle”



Discover how the foods in this book work with the body and affect sleep quality.

Sourdough Bread

Tryptophan: Sourdough contains tryptophan, an amino acid that helps in the production of serotonin, which regulates sleep.

Stable Blood Sugar: The fermentation process of sourdough helps control blood sugar levels, preventing energy crashes that can disrupt sleep.

Avocado

Healthy Fats: Avocado is rich in healthy fats, particularly omega-3 fatty acids, which have been linked to improved sleep quality by reducing inflammation and promoting brain function.

Magnesium: This fruit is also high in magnesium, a mineral known to improve sleep by relaxing muscles and calming the nervous system.

Smoked Salmon

Omega-3 Fatty Acids & Vitamin D: Salmon is an excellent source of omega-3s and vitamin D, both of which have been shown to regulate the sleep-wake cycle and promote restful sleep.

Tryptophan: Like sourdough, smoked salmon contains tryptophan, aiding in serotonin and melatonin production, which are key for sleep.

White Vinegar

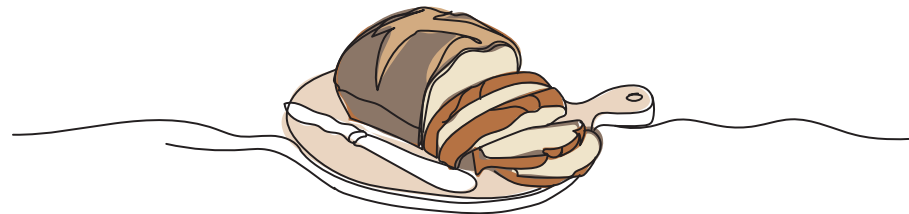
Blood Sugar Regulation: Vinegar has been shown to help regulate blood sugar levels, which may prevent nighttime wakefulness due to blood sugar drops.

Eggs

Tryptophan: Eggs are a good source of tryptophan, an amino acid that plays a key role in the production of serotonin and melatonin, which regulate sleep patterns.

Choline: Eggs contain choline, which supports brain health and could help promote relaxation, aiding in better sleep.

Protein: The high protein content helps regulate blood sugar levels, preventing fluctuations that could wake you up during the night.



Extra Virgin Olive Oil

Healthy Fats: Olive oil is rich in monounsaturated fats and antioxidants that reduce inflammation. Some studies suggest that olive oil may help improve sleep by promoting heart health and reducing inflammation that could disturb sleep.

Hormone Regulation: The fats in olive oil help in the production of hormones, including those involved in sleep regulation.

Parma Ham

Tryptophan: Like eggs, Parma ham contains tryptophan, which aids in serotonin and melatonin production, thus promoting relaxation and restful sleep.

Lean Protein: The high protein content can stabilise blood sugar levels, preventing nighttime dips that could disturb sleep.

Cherry Tomatoes

Melatonin: Tomatoes are naturally high in melatonin, a hormone responsible for regulating sleep cycles. Consuming foods with melatonin can help improve sleep quality.

Antioxidants: The lycopene in cherry tomatoes has antioxidant properties, reducing inflammation and supporting overall health, which may indirectly improve sleep quality.

Risotto Rice

Carbohydrates: Rice is a good source of complex carbohydrates. Research suggests that consuming carbs can increase tryptophan levels in the brain, which aids in the production of serotonin and melatonin—two important hormones for sleep.

Glycemic Index: Foods like rice with a high glycemic index may promote faster sleep onset if consumed in the evening.

White Wine

Relaxation Effect: White wine, in moderation, can promote relaxation by lowering stress levels and reducing tension, which may help with falling asleep.

Sleep Disruption: While moderate amounts can relax you, alcohol can disrupt sleep later in the night by interfering with REM sleep (a stage of sleep when your eyes move quickly behind closed eyelids and you usually dream) and causing dehydration. Therefore, it's important to consume it mindfully.

Vegetable Stock

Hydration: If the stock is rich in vegetables, it provides important nutrients that support overall health, including magnesium and potassium, which can relax muscles and aid sleep.

Low-Sodium: Choosing a low-sodium stock can prevent the negative effects of excessive salt, like dehydration or high blood pressure, which can interfere with sleep.

Parmesan Cheese

Tryptophan & Calcium: Like Taleggio, Parmesan is high in tryptophan and calcium, both contributing to melatonin production and better sleep.

Protein: The protein in cheese helps to stabilise blood sugar levels, reducing nighttime dips that could disturb sleep.

Breadcrumbs

Carbohydrates: breadcrumbs provide carbohydrates that can increase tryptophan absorption in the brain, contributing to improved serotonin levels.

Flour

Complex Carbohydrates: Like rice and breadcrumbs, flour can promote the release of insulin, which helps tryptophan reach the brain more easily, supporting serotonin and melatonin production.

Vegetable Oil

Neutral Effect: Vegetable oil, when used in moderation, doesn't have a direct impact on sleep but supports the overall cooking process.

Using healthy oils, like olive oil, could have more positive effects on heart health and inflammation, supporting better sleep.

Mixed Wild Mushrooms

Vitamin D: Mushrooms, particularly wild varieties, are a good source of vitamin D, which plays a role in regulating sleep-wake cycles by helping the body produce melatonin.

Antioxidants: Mushrooms contain antioxidants like ergothioneine and selenium, which help reduce oxidative stress and inflammation. Reduced inflammation supports better overall health, including improved sleep quality.

B Vitamins: Mushrooms are rich in B vitamins like riboflavin and niacin, which help the nervous system function properly, promoting relaxation and sleep.



*Breakfast to help
you wake bright...*





Avocado, Smoked Salmon and Poached Eggs

Ingredients - Serves 2

2 pieces of sourdough bread, toasted
1 medium avocado, mashed
4 slices of smoked salmon
2 poached eggs
Splash of white vinegar

Method

Start by laying the smoked salmon on your plate. Whilst your sourdough is toasting, start smashing the Avocado. To do this, cut the avocado in half and take the stone out. Squeeze each half of the avocado into a bowl with your hands. Mash the avocado with a fork before adding a pinch of salt, pepper and a drizzle of chili oil.

Spread mashed avocado evenly on top of two pieces of toasted sourdough bread and place in the centre of your smoked salmon plate. Bring a pot of water to boil with a splash of vinegar. Crack the eggs into a ramekin or mini bowl.

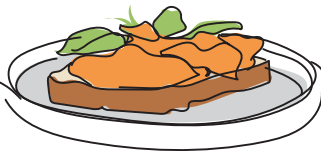
Once the pot of water is brought to a boil, turn off the heat and slowly add the egg from the bowl into water; leave the lid on for 3 minutes. Remove with a slotted spoon and place on top of the toast.

Combined benefits for starting your day

This breakfast offers a nutrient-packed, balanced meal that provides sustained energy, supports heart and brain health, aids digestion, and keeps you feeling full and satisfied throughout the morning. The combination of healthy fats, proteins, and fibre makes it an ideal choice for long-lasting energy and overall wellness.

Combined benefits for sleep

These ingredients provide a balanced meal with nutrients that promote calmness, regulate hormones related to sleep, and maintain stable energy levels, all of which contribute to better sleep quality.





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FULL RECIPE



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Premium Scrambled Eggs and Parma Ham (Posh Bacon and Eggs!)

Ingredients - Serves 2

*4 eggs
Touch of cream
Parma ham
2 pinches of truffle salt
Butter 50 g
Pinch of pepper
Dash of truffle oil*

Method

Preheat the grill and line a baking tray with tinfoil or baking paper. Place a pan with water on the stove and bring to simmering point. Place the eggs and a touch of cream in a glass bowl and whisk; add 50 g of butter to the bowl, place on top of the simmering water, and whisk continually.

Meanwhile, place the Parma ham on the baking tray under the grill, and toast the sourdough bread, either in a toaster or also under the grill. As soon as the eggs are cooked, take them straight off the heat.

Butter the toast and divide the eggs between the slices of toast which have been placed on plates. Arrange the grilled Parma ham over the top of the scrambled eggs. Garnish with fresh thyme leaves.

Combined benefits for starting your day

This breakfast provides a nutrient-dense, balanced meal that will give you sustained energy, support muscle function, enhance cognitive performance, and promote overall wellbeing. The combination of high-quality proteins, healthy fats, and key vitamins makes this an excellent way to fuel your morning and help you stay full and energised throughout the day.

Combined benefits for sleep

This meal is packed with sleep-supporting nutrients such as tryptophan, healthy fats, protein, and essential minerals. Together, they promote relaxation, stable blood sugar, and muscle relaxation, all contributing to a better night's sleep. The combination of these ingredients can make you feel satiated and calm, supporting a restful and uninterrupted sleep.







*Mains to prepare
you for sleep...*



Pancheri With Tuna and Spinach Pesto

Ingredients - Serves 2

Pancheri pasta 160 g
Tuna steak 140 g
Extra virgin olive oil 2 tbsp
Salt and pepper to taste
Spinach pesto 3 tbsp
6 spinach leaves
Parmesan cheese 2 tbsp
Watercress

Method

Cut the tuna into strips about 2 cm thick, season and place them on the side.

Cook the pasta in salted boiling water for approximately 12-14 minutes al dente; in the meantime, place one tbsp of oil in a pan. Add the tuna and cook on each side for 1 min. Place the tuna on kitchen paper to dry and keep warm. Keep the pan on the side.

When the pasta is cooked, drain and reserve some of the cooking water.

Add the pasta to the pan where the tuna was cooked and on a low heat; add some reserved water, add the pesto and parmesan cheese, and mix well. Taste and season with salt and pepper.

Place the pasta in the serving dish, place the tuna on top, and garnish it with spinach leaves.

Combined benefits for sleep

This combination of ingredients provides a well-balanced meal rich in tryptophan, healthy fats, complex carbohydrates, and sleep-supporting vitamins and minerals like magnesium and calcium. Tuna and spinach are particularly beneficial due to their high omega-3 and magnesium content, both of which are linked to improved sleep quality. However, moderation with salt is key to avoiding dehydration or increased blood pressure, which can interfere with sleep.



Pan Fried Cod with Caponata

Ingredients - Serves 2

Aubergine
Pine nuts 20 g
Olive oil 1 tbsp
½ aubergine, cut into approximately 2 cm cubes
Salt ⅓ tsp

Method

Without adding oil, toast the pine nuts in an uncoated frying pan until golden brown; remove and set aside. Heat the oil in the same pan. Fry the aubergine for approximately 15 minutes, stirring occasionally and season with salt. Remove and set aside.

Ingredients - Caponata

Extra virgin olive oil 1 ½ tbsp
½ onion, roughly chopped
Celery, cut into approx. 1 cm slices 100 g
½ fennel, cut into three pieces, thinly sliced
Cherry tomatoes, pierced with a sharp knife 125 g
Pitted black olives 40 g
Sultanas 1 ½ tbsp
Salt ¼ tsp
Balsamic vinegar ¼ Litre
Sugar 1 tsp
Caper berries, drained 25 g

Method

Heat the oil in a large, wide pan. Sauté the onion, celery and fennel for approximately 10 minutes. Add the tomatoes, olives and sultanas and cook for approximately 5 minutes, seasoning with salt. Add the balsamic, sugar and reserved aubergine, cover it and cook for approximately 15 minutes. Combine the caper berries with the reserved pine nuts.

Ingredients - Fish

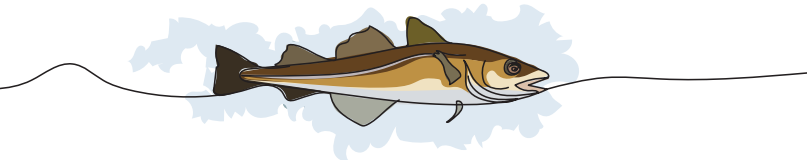
Extra virgin olive oil ½ tbsp
Cod fillets 300 g
Salt ⅓ tsp
Grated lemon 1 tbsp

Method

Heat the oil in the frying pan. Season the fish with salt and fry for approximately 4 minutes on each side. Scatter over the lemon and serve with the caponata.

Combined benefits for sleep

This ingredient combination, rich in tryptophan, antioxidants, and omega-3s, boosts serotonin and melatonin for better sleep. Healthy fats from cod and olive oil supports relaxation, while limiting sugar and salt prevents blood sugar spikes or dehydration that disrupt sleep.





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Roasted Octopus Red Pepper, Tomato and Basil Salsa

Ingredients - Serves 2

Octopus 500 g
2 large red pepper, roasted,
skin and seeds removed
1 garlic clove, finely minced
1-2 large shallots, thinly sliced
Extra virgin olive oil 4 tbsp
Salt and pepper to taste
Spanish smoked paprika
to taste

1 bunch Italian parsley
½ bunch basil leaves
2 plum tomatoes on the vine,
cut into cubes with seeds
removed
1 medium carrot peeled and
cut in half
1 medium onion cut in half
Whole black pepper 1 tsp

Take the octopus from the water and dry on kitchen paper. Season with salt and pepper. Place a pan on the stove on medium heat with 1 tbsp of oil, add the octopus, fry on all sides.

Warm the pepper salsa gently, place on a serving dish, place the octopus on it and garnish with chopped parsley and basil leaves. Drizzle with extra virgin olive oil.

Method

Wash the octopus, place a large pot of water on the stove, add the carrot, onion, black pepper and half of the parsley.

Bring to the boil and simmer for approximately 1 hour.

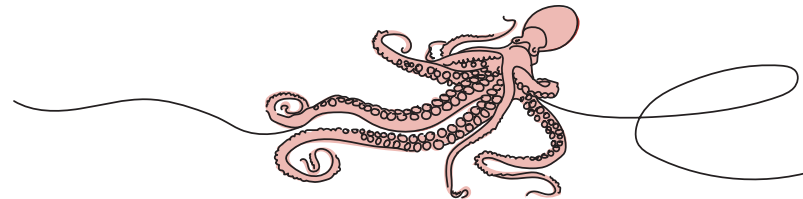
Leave the octopus to cool down in the cooking liquid.

Place the pepper in a roasting tray and season with salt, pepper and one tbsp of oil. Once softened, place them in a bowl and cover with cling film to let them steam. When they are cool to handle, peel and separate from the seeds.

In a blender, place the peppers, shallots, tomato, basil, paprika, garlic and 2 tbsp of oil. Season with salt and pepper. Pass through a chinois and keep on the side.

Combined benefits for sleep

This dish combines antioxidants, tryptophan, and anti-inflammatory compounds to support serotonin and melatonin production, improving sleep. Ingredients like garlic, parsley, and basil promote relaxation, while peppers and paprika provide anti-inflammatory benefits. Moderate salt use prevents dehydration and sleep disruptions.





Rib Eye Steak, Madeira Reduction, Truffle and Parsnip Purée

Ingredients - Serves 2

Madeira wine 350 ml
Beef stock 350 ml
2 Rib eye steaks approx 180 g each
Coarse salt 2 tsp
Freshly ground black pepper 2 tsp
Olive oil (not extra-virgin) 1 ½ tbsp
Unsalted butter, divided 3 tbsp
Shallots, minced 60 g
Garlic 1 tbsp
Fresh rosemary, chopped 1 ½ tbsp

Method

Bring the rib eye steaks to room temperature for about 30 minutes before cooking to ensure the steak cooks quickly and evenly.

In a saucepan over a medium-high heat, bring both the Madeira wine and the beef stock to a boil. Reduce the heat to medium and let it simmer until only about half of the mixture (1 ½ cups) remains and has slightly thickened. Reserve to one side.

Use paper towels to pat the rib eye steaks dry, then season the steaks on both sides with coarse salt and freshly ground black pepper.

Meanwhile, heat a heavy-bottom large pan and add 1 ½ tbsp of olive oil and 1 tbsp of butter. Over a medium-high heat, sauté the steaks until medium-rare (approximately 4 minutes per side).

Transfer the steaks to a heated platter and cover loosely with foil while preparing the Madeira sauce.

Sauté the shallots and garlic in the same pan used for the rib eye steaks for approximately 1 minute.

Add the previously reduced wine-stock mixture and the rosemary. Allow the mixture to bubble for 2 minutes, scraping up any browned bits. Remove from the heat and whisk in 2 tbsp of butter. Slice the steak and place on a serving plate, add the truffle and parsnip purée, pour the sauce over the steaks and garnish with watercress.

Truffle and Parsnip Purée

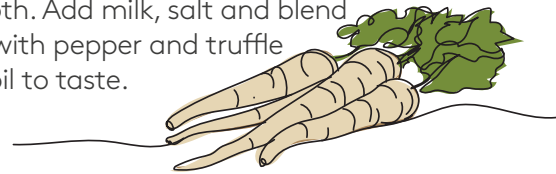
Ingredients

4 parsnips, peeled and sliced ¼ inch thick
Unsalted butter 1 tbsp
Whole milk 180 ml
Salt 1/2 tsp
Truffle butter 1-2 tsp
Pinch truffle salt
Truffle oil to taste

Method

Bring a large saucepan of salted water to a boil. Add the parsnips and boil gently until tender, approximately 12 minutes. Drain well and transfer to a food processor.

Add the unsalted butter, the truffle butter, and process until smooth. Add milk, salt and blend well. Season with pepper and truffle oil to taste.





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Chicken Saltimbocca with Polenta and Cavolo Nero Cabbage in Garlic Butter

Ingredients - Serves 2

2 chicken cutlets (140 g each)

Salt 1/2 tsp

Black pepper 1/2 tsp

4 large fresh sage leaves

4 thin slices prosciutto

Olive oil 1 tbsp

Dry white wine 1 tbsp

Chicken broth 2 tbsp

Butter 30 g

Method

If cutlets are thick, lay them between 2 sheets of wax paper and pound to 1/2 inch thickness using the flat side of a meat mallet or the bottom of a small, heavy skillet. Season with salt and pepper.

Place 2 large sage leaves on top of each cutlet, then wrap 2 slices of prosciutto crosswise around each cutlet, holding the sage in place.

Heat 1 tbsp of olive oil in a medium pan over medium heat. Add the cutlets and cook until no longer pink in the centre and the juices run clear, approximately 2 minutes per side. To check the cutlets are cooked, you can use an instant-read thermometer inserted into the centre. This should read at least 74°C/165°F.

Transfer to a platter and cover with foil to keep warm.

Pour wine into the same pan; simmer, scraping up any browned bits with a wooden spoon, for about 1 min. Pour in the chicken broth and simmer until slightly reduced, for 4 to 5 minutes.

Remove from the heat; add butter and swirl the skillet until butter has melted and the sauce is creamy. Spoon 2 tbsp of sauce over each cutlet and serve with polenta.

Combined benefits for sleep

This dish combines ingredients that promote relaxation, muscle recovery, satiety, and good digestion - all factors that support restful sleep. To maximise sleep benefits, moderate portions and attention to hydration is key.



Slow Cooked Rib of Beef With Saffron Risotto

Ingredients - Serves 2

Beef short ribs (I prefer using bone-in short ribs cut into smaller pieces but you can use larger pieces as well) 1 kg

Flour 2 tbsp

1 onion finely chopped

1 carrot peeled and finely chopped

1 celery stick finely chopped

2 garlic cloves finely chopped

1 pieces fresh rosemary

1 bay leaf

Tomato purée/passata 1 tbsp

Beef stock 200 ml

Red wine 2 cups

Salt and pepper to taste

Method

Preheat the oven to 160°C/320°F.

Season the short ribs generously. In a large, oven-proof lidded pot, heat a splash of olive oil, then sear the beef ribs until well-browned on all sides.

Remove from the pot and set aside. Add the onions, carrots and celery, cook until soft and translucent.

Add the garlic and herbs, then cook for another 30 seconds before adding the flour.

Stir to coat the vegetables in the flour, then add the wine and stock. Allow to come to a simmer, then add the tomatoes and beef short ribs back to the pot. Season well, then cover and place in the oven.

Allow to braise for 2-3 hours or until the ribs are soft.

Adjust seasoning and serve.

Continued overleaf





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Ingredients - Risotto

Risotto rice preferably carnaroli or vialone nano 400 g
Homemade or store-bought low-sodium chicken stock or homemade vegetable stock 950 ml
Extra-virgin olive oil 3 tbsp (45 ml)
1 small onion, chopped fine 200 g
Dry white wine 225ml
Saffron 2 pinches
Salt to season
Unsalted butter 60 g
Freshly grated Parmigiano-Reggiano cheese 70 g (plus more for serving)

Method

Heat the oil in a heavy 12-inch sauté pan over a medium-high heat until simmering. Add onion and cook until soft. Add rice, stirring frequently for approximately 3 minutes. Add wine and leave to evaporate.

Add the boiling stock, saffron, and a large pinch of salt, increase the heat to high and bring to a simmer. Stir the rice once, making sure no stray grains are clinging to the side of the pan above the liquid. Keep adding stock until the rice is cooked, approximately 16-18 minutes.

When the rice is cooked, take off the heat, add butter and parmesan, shaking the rice constantly until butter has melted and the rice is thick and creamy; add more stock or water as necessary if the risotto becomes too dry. Season with salt and serve immediately on hot plates alongside the remaining cheese.

Combined benefits for sleep

This dish contains a mix of ingredients that support sleep through the regulation of serotonin and melatonin production, promotion of muscle relaxation, and stabilisation of blood sugar levels. Together, the meal is rich in nutrients like tryptophan, calcium, magnesium, and potassium, all of which contribute to better sleep quality. Moderate consumption of red wine and salt is key to maximising these benefits without disrupting sleep.



*Desserts for a
restful night...*







Chamomile and Lavender Panna Cotta

Ingredients - Serves 2

Double cream 335 ml
Fresh whole milk 66 ml
Dried chamomile flowers 3 tbsp
Sugar 33 g
Gelatine sheets 8 g
Lavender 3 tbsp

Method

Pour the cream and milk into saucepan, add sugar and 2 tbsp of chamomile and lavender. Warm the cream and milk until they begin to simmer, then remove from the heat. Let it sit until the flavours are infused, approximately 10 minutes.

Soak the gelatine sheets in cold water for approximately 5 minutes, or until soft.

Strain the cream and milk through a fine sieve into a bowl, squeeze out excess water from the gelatine, add it to the cream, then stir to dissolve it.

Pour into ramekins and leave in the fridge for 12 hours.

If you wish to unmould the panna cotta, dip the moulds briefly into a bowl of warm water; 30 seconds should be enough, then invert onto plates.

Garnish with the rest of the chamomile and lavender, or fruits of your choice. I have added some raspberries and cherries to our dishes.

Combined benefits for sleep

This combination of ingredients - particularly chamomile, milk, and cream — provides a balance of sleep-inducing compounds like tryptophan, glycine, and apigenin. These ingredients work together to promote relaxation, improve sleep quality, and help regulate the body's natural sleep cycles.



Strawberry and Orange Tiramisu

Ingredients - Serves 2

Fresh strawberries, washed, trimmed and sliced 250 g
Granulated sugar 2 tbsp
Juice of two large oranges
Gran Marnier 2 tbsp (optional)
For the cream
2 large egg yolks
Mascarpone cheese 200 g
Double cream whipped 150 g
Caster sugar 2 tbsp
8 ladyfingers / savoiardi

Method

Preparation time 40 minutes - Strawberries
marinated for 2 hours

Place the orange juice, sugar and Gran Marnier in a bowl and mix well. Add the sliced strawberries and leave to marinate in the fridge for at least 2 hours. Remember to keep this liquid; you will need to dip the biscuit.

In a large bowl, place the egg yolk and sugar and beat with a whisk until soft and pale in colour. Slowly add the mascarpone cheese, fold in the cream gently and mix until smooth. Place in the fridge.

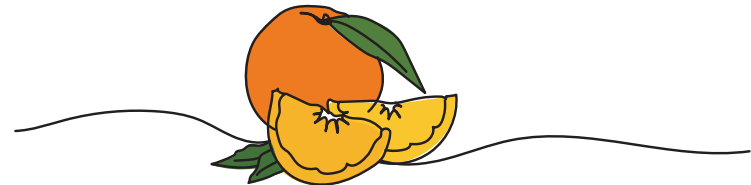
Drain the strawberries from the marinade. Soak the ladyfingers/savoiardi in the marinade for a few seconds; don't let them get soggy.

Line the bottom of a glass or plastic cup with a little cream, then two ladyfingers/savoiardi and strawberries. Repeat until the cup or glass is full. Make sure to finish with a layer of strawberries on top.

Leave in the fridge for at least 30 minutes. Garnish with a whole strawberry and a leaf of mint.

Combined benefits for sleep

This set of ingredients contains several sleep-promoting compounds like tryptophan (from eggs, mascarpone, and cream), melatonin (from strawberries), and calcium (from mascarpone and cream). However, moderation is important, particularly with sugar and alcohol, to avoid disrupting sleep patterns. Together, these foods can contribute to relaxation and improved sleep when balanced properly in a meal.





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