

Panna Cotta

Serves 4

Panna cotta is a mild vanilla cream dessert. It can be used with colorful desserts or with the dark chocolate mousse.



Ingredients:

- 1 Cup Half & Half
- 1 tsp. powdered unflavored gelatin [or agar for vegetarian option]
- 1 3/4 Tbsp. sugar
- 1/3 tsp. vanilla extract
- 1/8 tsp. salt
- Non-stick spray

Equipment

- 4 6-oz. ramekins
- Thin knife

Panna Cotta:

<input checked="" type="checkbox"/>	Directions	Time (min)	
	Spray ramekins with oil and wipe out excess	1	
	Pour half & half into pan and sprinkle gelatin on the top	1	
	Let gelatin sit on milk	1	
	Heat gelatin and milk over low heat stirring frequently. Do not simmer or boil (160 degrees)	2	
	Dip a spoon in the milk and check the back for grains of gelatin – dissolve completely	1	
	Stir in sugar and dissolve	2	
	Remove from heat, whisk in vanilla and add salt	1	
	Pour into ramekins and refrigerate minimum 2 hrs, 4 or more hours to unmold		2-4 hrs
	Float ramekins in hot water, wipe plate with damp paper towel	1	
	Use thin knife to break the seal around the edge of the pudding, invert on plate	1	
		Total	2-4 hr
	Topping – puree blackberries in blender	1	