

Panna Cotta Home Recipe

YIELD: Makes 6

INGREDIENTS:

2 tablespoons water

1 1/2 teaspoons unflavored gelatin

Nonstick vegetable oil spray

1 cup whipping cream

1 teaspoon finely grated zest- lemon, orange, lime, grapefruit ect.

1/2 cup sugar

2 cups buttermilk

2 teaspoons vanilla extract

Assorted frozen berries or fresh when the season allows (such as blackberries, blueberries, and raspberries), thawed

PREPARATION:

1. Place 2 tablespoons water into small bowl; sprinkle gelatin over. Let stand until gelatin softens, about 10 minutes.
2. Lightly spray six 3/4-cup ramekins or custard cups with nonstick spray. Set aside.
3. Heat cream, citrus peel, and sugar in medium saucepan over medium-high heat, stirring constantly until sugar dissolves.
4. Increase heat and bring just to low boil, stirring occasionally.
5. Remove from heat and then add gelatin mixture; Stir until gelatin dissolves.
6. Cool mixture to lukewarm, stirring often.
7. Stir in buttermilk and vanilla extract; divide mixture among prepared ramekins.
8. Refrigerate panna cotta until set, about 4 hours.

*DO AHEAD:

Can be made 2 days ahead. Cover and keep chilled. Using small sharp knife, cut around panna cotta in each ramekin. Place plate atop each ramekin and invert, allowing panna cotta to settle onto plate. Top with berries and dust with powdered sugar; serve chilled.