

Vanilla Panna Cotta.

Makes 6, 4oz puddings

Ingredients

1 1/2 cups whole milk

1 1/2 cups heavy cream

3 teaspoons powdered gelatin

1 teaspoon vanilla extract

1/3 cup sugar

pinch of salt

Method

Use cooking spray to lightly grease 6 ramekins. Use a paper towel to wipe away excess oil, leaving only a light residue.

Pour the milk into a saucepan and sprinkle the powdered gelatin evenly over the top. Let the gelatin soften for about 5 minutes or until the surface is wrinkled and slightly dissolved.

Place the saucepan over low heat to warm the milk gently. Stir frequently. The milk should not simmer or boil as this will deactivate the gelatin! The milk should get hot but not so hot that you that you can't leave your finger in it for a few seconds. To check if the gelatin is dissolved, dip a spoon in the milk and check the back for distinct grains of gelatin. Stir the sugar into the milk, stir until the sugar is dissolved. To dissolve both the gelatin and the sugar should take about 5 minutes. Remove the saucepan from the heat. Whisk in the cream, vanilla and salt.

Pour into the ramekins and refrigerate at least 2 hours if serving straight from the ramekins or overnight if you are going to unmold the panna cotta.

Serve with sauce or fresh fruit of your choice.

Buon Appetito!

Recipe from kitchn