

# Panna Cotta

Recipe By *Esther Deutsch*



Cooking and Prep:  25  
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Serves:  8

Contains: 

Preference: Dairy

Difficulty: Easy

Occasion: Shavuot

Diet: Vegetarian, Gluten Free,

Salt Free

Source: Whisk by Ami

Magazine

Cuisines: Italian

## Ingredients (10)

### Main ingredients

- 1 envelope unflavored kosher gelatin (about 1 tablespoon)
- 2 tablespoons cold water
- 2 cups heavy cream

- 1 cup half and half
  - 1/3 cup sugar
  - 1 and 1/2 teaspoons **Gefen Vanilla Extract**
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### Garnishes

- fresh berries
  - berry sauce
  - caramel sauce
  - mint leaves
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## Start Cooking

### Prepare the Panna Cotta

1. In a very small saucepan sprinkle gelatin over water and let stand for approximately 1 minute to soften. Heat gelatin mixture over low heat until gelatin is dissolved. Remove pan from heat.
2. In a large saucepan bring cream, half and half, and sugar just to a boil over moderately high heat, stirring. Remove pan from heat and stir in gelatin mixture and vanilla.
3. Divide cream mixture among eight 1/2-cup ramekins and cool to room temperature. Chill ramekins, covered, at least 4 hours or overnight.
4. Dip ramekins, 1 at a time, into a bowl of hot water for approximately 3 seconds. Run a thin knife around the edge of each ramekin and invert each ramekin onto the center of a small plate. Garnish with fresh berries, berry sauce or caramel sauce, and mint leaves.