

Panna Cotta with Strawberry Sauce

MG Newsletter, Julie Hyske

Ingredients: Serves 6-8

1 cup whole milk

1 packet (2½ tsp) unflavored gelatin

½ cup + 1 Tbsp sugar

pinch of salt

1 tsp vanilla extract

1 cup sour cream

2 cups heavy whipping cream

Berry sauce:

2 cups berries (I used strawberries, raspberries and blackberries)

3 Tbsp granulated sugar

½ Tbsp lemon juice

Off the heat, place 1 cup milk in a medium saucepan and sprinkle the top with 1 packet gelatin. Let stand 3-5 min or until gelatin is softened. Place pan over medium/low heat and stir until gelatin dissolves and mixture is steaming, about 4-5 min (do not boil). Add 2 cups heavy whipping cream, ½ cup + 1 Tbsp sugar, 1 tsp vanilla and a pinch of salt. Continue stirring about 5 min until sugar is fully dissolved and mixture is steaming (do not boil). Remove from heat and let cool 5 minutes. Place sour cream in a medium bowl with a pouring lip. Whisking constantly, gradually add warm cream. Once the mixture is completely smooth, divide it into 6 wine glasses or 8 ramekins. Refrigerate until fully set; 4 to 6 hours.

Berry sauce: In a small sauce pan, combine 1 cup berries, ½ Tbsp lemon juice and 3 Tbsp sugar. Bring to a low boil and cook 4-5 min or until syrupy. Stir in remaining 1 cup of fresh berries and remove from heat. When syrup is at room temp or just barely warm, spoon it over the top of chilled panna cotta.

