



# Panna Cotta

## INGREDIENTS

- 6 sheets of gelatin (gold strength - 2g per sheet)
- ½ tsp vanilla extract
- 700ml cream
- 250ml milk
- 100g caster sugar
- ½ lemon zest (optional)



Serves: 8-10



Prep Time: 15 min



Cooking Time: 10 min

## METHOD

1. In a heavy bottomed saucepan, add cream, milk, sugar, and vanilla extract. Whilst slowly mixing with a whisk, bring to just before the boil, and take off the heat. Set aside.
2. Soak the gelatin in cold water, and massage with your hands until softened. Drain and press them to remove as much of the water as possible, place them into the pot with the cream. Stir in the gelatin, whisking to prevent clumps.
3. Divide the liquid between 8-10 dariole molds or serving molds. Refrigerate until set, or overnight.
4. To serve, place the bottom of the ramequin in hot water for a few seconds, then pull down on the top to create an air pocket. Pop out onto plate.
5. You can garnish with fresh fruits, nuts, toasted coconut, and fruit coulis.



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