



Panna cotta

5'

Hands on

4 hours'

Hands off

5'

Cook Time

4

Portion(s)

1

Difficulty



Method

- In a **bow**l, add the cold water and gelatin. Set them aside to soak until they soften.
- In a **pot**, add 100 g of heavy cream, milk and sugar.
- Slice the vanilla pod in half with a sharp **knife** and remove the seeds. Add both the seeds and pod to the pot.
- Cover pot with plastic wrap and place over low heat.
- As soon as it comes to a boil, remove from heat.
- Set it aside for 1-2 minutes until the mixture soaks up all of the aroma from the vanilla without removing plastic wrap.
- Optionally you can add all of the ingredients to a bowl, cover with plastic wrap and microwave for 2-3 minutes at 800 Watts.
- Remove the gelatin from the water and squeeze with hands to remove liquid.
- Add them to the pot and **whisk** until they dissolve and become incorporated.
- Add the remaining 250 g of heavy cream and whisk.
- Transfer mixture to a measuring jug by passing it through a sieve. Discard vanilla pod.
- Fill 4 individual ramekins or muffin cups and refrigerate for 3-4 hours.
- Serve with mint leaves.

Ingredients

- 350 g heavy cream
- 150 g milk, whole
- 6 g gelatin
- 65 g granulated sugar
- 1 Madagascar Vanilla pod
- 1 teaspoon honey

Διατροφικός πίνακας

Nutrition information per portion

269 Calories (kcal)	18.0 Total Fat (g)	11.0 Saturated Fat (g)	21.0 Total Carbs (g)
13%	26%	55%	8%
21.0 Sugars (g)	5.5 Protein (g)	0.0 Fibre (g)	0.12 Sodium (g)
23%	11%	0%	2%