



Panna Cotta

Serving Size: 1 Panna Cotta; Calories 221; Total Fat 12g; Sodium 37mg; Total Carbohydrate 9g; Dietary Fiber 0g; Protein 1g

Ingredients:

- 1 envelope unflavored gelatin (about 1 tablespoon)
- 2 cups heavy cream
- 1 cup half and half
- 1/3 cup sugar
- 1 1/2 teaspoons vanilla extract
- 2 cups fresh fruit of your choice, such as strawberries, blueberries, blackberries, etc.

Equipment Needed:

- Medium saucepan
- 8 ramekins or a 2-quart dish

Prep Time	Total Time	Servings
15 min	4 hr 15 min	8



Instructions:



1. With stove heat off, combine heavy cream and half and half in a medium saucepan.



2. Sprinkle gelatin into the saucepan and let mixture stand about 3 minutes to soften.

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Instructions Continued:



3. Heat gelatin mixture over low heat until gelatin is dissolved.



4. Add sugar and bring mixture just to a boil over medium-high heat, stirring continuously.



5. Remove pan from heat and stir in vanilla extract.



6. Divide cream mixture among 8 ramekins (or pour into a 2-quart dish) and cool to room temperature.



7. Cover and chill at least 4 hours or overnight.



8. Dip ramekins one at a time into a bowl of hot water for 3 seconds. Run a knife around the edge of each ramekin to loosen.



9. Invert ramekin onto a small plate. Serve with fresh berries.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](#) [#Indiana4H](#)



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