



Panna cotta is a rich, creamy, egg-free dessert which is a lighter alternative to traditional custardy favorites like Crème Caramel and Crème Brûlée. Served with a raspberry gelee, it combines tart and sweet in one bite. Top with your favorite fresh fruit for an ideal summer treat.

Fresh Fruit Panna Cotta

Ingredients

1 cup milk
1 1/2 cups 35% cream
2 tablespoons sugar
1/2 teaspoon vanilla
2 tablespoons water
1 package gelatin*
Fresh fruit of choice (garnish)

Ingredients - Raspberry Gelee

1/2 cup raspberries
3 tablespoons icing sugar
1 tablespoon lemon juice
1/2 tablespoon honey
1 package gelatin*
2 tablespoons water

Instructions

To make the raspberry gelee, crush the raspberries with a spoon through a sieve. The seeds of the raspberries will remain in the top of the sieve and may be discarded. Add the icing sugar, lemon juice and honey into the raspberry pulp and mix until the sugar is completely melted and the honey is incorporated. In a separate bowl mix the gelatin with the water until dissolved. Mix into the raspberry mixture. Place gelee in the bottom of the dessert glasses. Allow to set for 30 minutes (do not fully set as you want some of the gelee to swirl into the panna cotta when it is poured).

Melt the gelatin in the water (*equivalent 1 tablespoon gelatin). Set aside. Heat the milk, cream, sugar and vanilla until it steams (do not boil). Once hot, pour over the gelatin to melt it into the milk mixture thoroughly. Carefully pour the mixture into prepared dessert glasses and chill for at least 3 hours.

Top with fresh fruit. Makes 6 to 8 cups (depending on size).