

Panna Cotta

Make four 6-ounce desserts



Ingredients for Panna Cotta

2 teaspoons canola or avocado oil
1 ½ cups whole milk
3 teaspoons powdered gelatin
½ cup sugar
1 ½ cups heavy cream
1 teaspoon vanilla bean paste or pure vanilla extract
Pinch of kosher salt

Ingredients for Strawberry Sauce

1 ½ cups fresh (stems removed) or frozen strawberries
3 tablespoons sugar
½ teaspoon pure vanilla extract

1 pint fresh raspberries for topping

For the strawberry sauce

Combine the strawberries, sugar and vanilla in a small saucepan over medium-high heat. Mash the strawberries with a spatula or spoon and bring mixture to a simmer. You want the sugar to dissolve. Once it's dissolved, pour the mixture into a blender and blend until smooth. Let it cool before adding it over the panna cotta.

Steps

1. Using a paper towel and oil, grease four 6-ounce ramekins. Set aside.
2. Pour the milk into the saucepan and sprinkle the powdered gelatin evenly over the top. Let it soften for 5 minutes (or until the milk has wrinkled and the gelatin grains look a bit dissolved).
3. Place the saucepan over low heat and warm the milk gently, stirring or whisking constantly. Do not boil or simmer the milk - you just want to get it hot to melt the gelatin. This should only take a few minutes. Make sure the gelatin is dissolved by dipping a spoon into the milk. If there are granules left on the spoon, it's not dissolved and needs to be further heated through.
4. Add the sugar into the milk, again stirring constantly, until it also has fully dissolved - maybe 5-ish minutes more. Do not let the milk mixture simmer or boil.
5. Remove the saucepan from the heat and whisk in the heavy cream and vanilla bean paste along with a pinch of salt.
6. Carefully pour the mixture into the prepared ramekins. Transfer them to a sheet pan and place it in the refrigerator for at least 4 hours - or overnight if you can.

*To unmold the ramekins, place warm water in a bowl and quickly dip the ramekins- (making sure water does not go into the ramekins). Invert the ramekins onto a small plate. If gelatin doesn't move, try dunking it again in the hot water. You may have to run a paring knife alongside the edge to loosen the ramekin.
7. Top with strawberry sauce and fresh raspberries.