



Panna Cotta

"Cooked Cream"

Ingredients:

- 2 x 2g (0.07 oz.) leaves gelatin
- 500ml (2 c) double cream
- 115g (4 oz.) caster sugar
- 100ml (0.4 c) full-fat milk
- Vegetable oil

Preparation:

1. Soak the gelatin's leaves in cold water.
2. Bring together the cream and sugar in a pan and gently heat, stirring until the sugar has dissolved. Once the pan has come to a simmer, turn the heat off.
3. Squeeze out the gelatin and stir it into the warm cream mixture to dissolve. Pass the mixture through a sieve to dissolve. Stir in the milk.
4. Grease some ramekins with the vegetable oil and divide the mixture between them. Cool and refrigerate for at least 4-hours or overnight.
5. To serve, dip the ramekins in hot water and tip the panna cotta out onto a plate and top it with fruit or compote.

Keep Cooking and Enjoying Traditional Roman Food.

Buon Appetito!