

Panna Cotta with Balsamic Strawberries

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Carolyn T's
Cookbook

Servings: 8



1 package unflavored gelatin
3 cups heavy cream
2 cups yogurt, plain, whole milk
1 1/2 teaspoons vanilla extract
1 whole vanilla bean
3/4 cup sugar
8 cups strawberries, sliced
5 tablespoons balsamic vinegar, good quality
2 tablespoons sugar
1/2 teaspoon freshly ground black pepper, yes, really
fresh grated lemon zest

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 519 Calories; 36g Fat (59.8% calories from fat); 6g Protein; 48g Carbohydrate; 3g Dietary Fiber; 130mg Cholesterol; 91mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 1/2 Non-Fat Milk; 7 Fat; 2 1/2 Other Carbohydrates.

Notes: Splenda or other sugar substitute may be used in lieu of the sugar in this dish. I used a fruit balsamic (pear in my case) rather than regular. Just don't use a cheap grocery store balsamic as it's too harsh. Buy one bottle of "good" balsamic to use for special occasions, and this is one of them. You can also do a different proportion of heavy cream to yogurt if you use the thicker Greek yogurt, Fage. Greek yogurt is very creamy already, so you can use 3 cups of that with lesser of the heavy cream. It may be a bit harder to get out of the ramekins, however, as yogurt doesn't "gel"-up as easily as heavy cream. In that case, you may choose to serve this in the ramekin.

Preparation Time: 40 minutes

Start to Finish Time: 24 hours

1. In a small bowl, sprinkle the gelatin on 3 T. of cold water. Stir and set aside for 10 minutes to allow gelatin to dissolve.
2. Meanwhile, in a medium bowl, whisk together 1 1/2 cups of the cream, the yogurt and vanilla extract. Split the vanilla bean and use the tip of a knife to scrape the seeds into the cream. Heat the remaining 1 1/2 cups cream and the sugar in a small saucepan and bring to a simmer over medium heat. Off the heat, add the softened gelatin to the hot cream and stir to dissolve. Pour the hot cream-gelatin mixture into the cold cream-yogurt mixture and stir to combine. Pour into 8 (6-8 ounces) ramekins or custard cups and refrigerate uncovered until cold. When the panna cottas are thoroughly chilled, cover with plastic wrap and refrigerate overnight.
3. Thirty minutes to an hour before serving, combine the strawberries, balsamic vinegar, sugar and pepper. Set aside at room temperature.
4. To serve, run a small knife around each dessert and dip the bottom of each ramekin quickly in a bowl of hot tap water. Invert each ramekin onto a dessert plate and surround the panna cotta with strawberries. Dust lightly with freshly grated lemon zest and serve.