

Panna Cotta

Ingredients

- 1000 ml whipped cream
- sugar
- 5 sheets of gelatine
- 1 vanilla pod (or 3 packets of (Bourbon) vanilla sugar)

Directions

- ☞ Heat the cream while stirring until it cooks. Be careful, cream boils over very quickly. Add about 50 g sugar and taste. Add sugar until the cream becomes moderately sweet. Later, when the cream will be cold, the sweet taste will be less intense than when it is hot, so do not be too skimpy with sugar.
- ☞ Add the interior of a vanilla pod (or vanilla sugar) and cook for 15 min.
- ☞ In the meantime, prepare the gelatine by soaking the sheets of gelatine in some water for 10 min. Do not use more gelatine as this results in an ugly mass of gelatine in the cream.
- ☞ Remove from the cooker. Squeeze the gelatine and add it into the hot cream while stirring.
- ☞ Now you can either put the whole mass of cream into one dish (easy, but not so presentable), or you use cups or the like and fill about 100 ml of the heated cream into them (nice, but more work).
- ☞ Put the cream in the fridge for at least 3 hours. The PANNA COTTA will set hard.
- ☞ In the case you put the cream into cups, you may use a lukewarm water bath to heat the cups. After 1-2 min, the PANNA COTTA loosens from the cup and can be served "upside down" on a plate.
- ☞ Store in the fridge. PANNA COTTA tastes excellent in combination with Zabaione, chocolate sauce, Amaretto, or with a crust of caramel.

Bon appetito!

<http://www.volker-noelle.com/gg/panna.shtml>