

PANNA COTTA



STEVE'S RECIPE CORNER

Ingredients

2 cups Heavy Cream
¼ cup Bocha Sweet
2 teaspoons Gelatin
1 cup Half and Half
¼ cup Cold water
1 teaspoon Salt
4 Cardamom pods
12 Coreander Seeds
½ teaspoon Ground Cinnamon
2 teaspoons Vanilla extract



SOURCE

Steve Ottersberg

Prep: 5 Minutes

NUTRITION FACTS

1 Servings
Amount Per Serving
Calories 1215
Total Fat 110.58g
Cholesterol 417mg
Sodium 2542mg
Total Carbohydrate
55.21g
Dietary Fiber 12.69g
Sugars 18.19g

METHOD

- **Bloom the gelatin:** In a small jar with tight fitting lid, combine the water gelatin and salt. Shake well and let bloom for 10 minutes. Measure half and half and let warm to room temperature.
- **Grind cardamom and coreander:** In a mortal and pestle (or coffee grinder). Grind the cardamom pods and coriander seeds into a powder. Transfer this powder into a 2.5 qt sauce pan. Add the cinnamon powder.
- **Heat cream:** In a 2.5 Quart sauce pan, gently heat the cream, sweetener, cardamom, coriander and cinnamon. Do not boil.
- **Combine half and half to gelatin:** Use a whisk to break up gelatin and add the half. Use whisk to break up chunks of gelatin. This can alternately be done on double boiler to dissolve gelatin in half and half.
- **Combine gelatin mixture with cream:** While whisking, add the gelatin mixture to the warm heavy cream.
- **Dissolve gelatin:** With gentle heat, whisk the mixture for 3 minutes to completely dissolve all gelatin in the mixture. Remove from heat and add the vanilla. Whisk to incorporate the vanilla into the mixture.
- **Pour into muffin pan:** Pour the mixture. Into the cells of a 12 cup ceramic coated muffin pan.
- **Refrigerate:** Cover the muffin pan with plastic wrap or wax paper and refrigerate for 2-3 hours

TAG US ON SOCIAL! @mtiofhealth

Share your results with us Online and tag us in your finished photos, have fun and...

Enjoy!