Lemon Panna Cotta with Blueberry Sauce

Phillis Carey cooking class, 2013
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PANNA COTTA:

2 teaspoons unflavored gelatin

1/4 cup fresh lemon juice

3 cups heavy cream

3/4 cup sugar

1 pinch salt

1 teaspoon vanilla, or vanilla bean paste

1 teaspoon lemon zest

1 cup sour cream, full fat, or full-fat Greek yogurt

BLUEBERRY SAUCE:

3 cups blueberries, or 16-oz. frozen, thawed some

1/3 cup sugar

3 tablespoons cornstarch

3 tablespoons fresh lemon juice

1/2 cup water

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 8

1. Sprinkle gelatin over the lemon juice in a small glass bowl. Let stand for 5 minutes, then heat in microwave for 20 seconds to dissolve completely.
2. In a 3-quart saucepan, warm the cream with the sugar, salt, vanilla and lemon zest over medium heat to dissolve sugar. Do NOT let it boil. Stir in the gelatin mixture. Remove pan from the heat and cool about 5 minutes.
3. Place sour cream in a medium-large bowl. Gently whisk in the warm cream a little at a time until mixture is smooth. Taste for sweetness. It may need another teaspoon or so of sugar. Pour into a pitcher and pour the cream mixture into ramekins or glass sauce dishes. Chill for at least 2 hours, but 4-24 hours is also fine.
4. BLUEBERRY SAUCE: Whisk sugar and cornstarch in a 2-quart saucepan to combine. Slowly add lemon juice and water. Bring to a boil, stirring often; stir in the blueberries. Continue simmering until bubbly and thickened, about 3-5 minutes. Cool down and then refrigerate until serving time. Will keep for several days.
5. When ready to serve, run a knife around each panna cotta and turn out onto a serving plate. You can remold it on the plate as needed, using a spatula. Surround with blueberry sauce or place on top.

Per Serving (excluding unknown items): 526 Calories; 39g Fat (65.3% calories from fat); 3g Protein; 44g Carbohydrate; 2g Dietary Fiber; 135mg Cholesterol; 73mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 1/2 Non-Fat Milk; 8 Fat; 2 Other Carbohydrates.