
Vanilla Bean Panna Cotta with Blackberry Zinfandel 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 whole vanilla bean, seeds scraped, or use vanilla bean paste

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

Mint sprigs for garnish

BLACKBERRY ZINFANDEL SAUCE:

3 cups blackberries (fresh)

1/4 cup sugar

1/4 cup Zinfandel wine, use a fruity variety

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.
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 bowls. Chill for at least 2 hours, but 4-24 hours is also fine.
4. BLACKBERRY SAUCE: Place a third of the fresh blackberries, wine and sugar in a food processor; process until smooth. Strain mixture into a medium saucepan through a medium sieve (the sieve must be fine enough that it will remove all the seeds - too fine and you'll never be able to get the juice through it - I know, a fine line!). Bring mixture to a boil and cook for one minute. Remove from heat and add the remaining 2/3 blackberries. Cool completely before serving. Refrigerate until serving time. Will keep for several days.
5. You can serve the panna cotta in ramekins just as easily, or unmold each onto individual plates. Add sauce and mint sprigs for garnish.

Per Serving (excluding unknown items): 506 Calories; 39g Fat (68.4% calories from fat); 3g Protein; 37g Carbohydrate; 3g Dietary Fiber; 135mg Cholesterol; 74mg Sodium. Exchanges: 1/2 Fruit; 1/2 Non-Fat Milk; 8 Fat; 1 1/2 Other Carbohydrates.