

Foodnity Recipes

Panna Cotta Recipe - Creamy Italian Dessert

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Base

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 1/3 cup granulated sugar
- [ ] 1 vanilla bean, split and scraped (or 2 tsp vanilla extract)
- [ ] 2 1/2 tsp gelatin powder
- [ ] 3 tbsp cold water

Optional Topping

- [ ] 1 cup fresh berries (strawberries, raspberries, or blueberries)
- [ ] 2 tbsp honey
- [ ] A pinch of lemon zest

Instructions

1. In a small bowl, sprinkle the gelatin over 3 tbsp cold water and let it bloom for 5 minutes.
2. Combine cream, milk, and sugar in a saucepan; heat over medium until the sugar dissolves and the mixture just begins to steam.
3. Add the vanilla bean seeds (or extract) and stir; remove from heat.
4. Stir the bloomed gelatin into the warm cream until fully dissolved, then pour the mixture through a fine sieve into ramekins.
5. Let the ramekins cool to room temperature, then refrigerate for at least 4 hours or overnight.
6. When ready to serve, top with fresh berries drizzled with honey and a hint of lemon zest.

Nutrition per serving

320 kcal	4 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using a vanilla bean, scrape both seeds and pod for maximum flavor.
- Avoid a rapid boil; high heat can cause the cream to separate.
- For a clearer finish, strain the mixture twice before pouring.