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Chef John's Buttermilk Panna Cotta

★★★★★

This is so perfect in the summer, and not just because it's easy and refreshing. All that amazing seasonal fruit gives you the perfect reason...excuse...to make these easy treats. If you start your panna cotta the day before you want to eat it, this classic Italian recipe is about as simple as it gets.

Additional: 5 hrs**Total:** 5 hrs 10 mins**Prep:** 10 mins**Servings:** 8**Yield:** 8 servings

Ingredients

1 (.25 ounce) envelope unflavored gelatin
3 tablespoons cold water
2 ½ cups heavy cream
½ cup white sugar
3 strips lemon peel
½ pinch kosher salt
⅛ teaspoon vanilla extract
½ cup buttermilk

Directions

Sprinkle gelatin over cold water; stir and let sit 5 or 10 minutes until it thickens and becomes rubbery.

Pour heavy cream into a saucepan. Whisk in sugar. Place over medium heat and cook, stirring occasionally, until mixture just barely starts to simmer, 3 to 5 minutes. Add lemon peel as mixture is coming up to temperature. As small bubbles begin to appear here and there, remove pan from heat. Add tiny pinch of salt, vanilla, and bloomed gelatin. Whisk until gelatin melts into the cream mixture. Add buttermilk and lemon juice; whisk until blended.

Strain through fine sieve to remove zest and any lumps. Pour into serving dishes or ramekins. Allow to cool to room temperature. Cover with plastic wrap and refrigerate 5 hours or, ideally, overnight.

1 tablespoon fresh lemon
juice

Cook's Note:

Keep the same basic gelatin to creamy liquid ratio and you can flavor this any way you want-scented with Earl Grey tea or cardamom-feel free to play around.

Nutrition Facts

Per Serving: 315 calories; protein 2.8g; carbohydrates 15.6g; fat 27.7g; cholesterol 102.5mg; sodium 71.3mg.

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