

Panna Cotta with Blueberries

Hazel Blue Acres

Silvana Wa

1 cup whole milk

1 tablespoon unflavored powdered gelatin

3 cups whipping cream

1/3 cup honey

1 tablespoon sugar

Pinch of salt

2 cups assorted fresh blueberries for topping *OR a blueberry sauce(see recipe below)*

Place the milk in a heavy, small saucepan.

Sprinkle the gelatin over and let stand for 5 minutes to soften the gelatin.

Stir over medium heat just until the gelatin dissolves but the milk does not boil, about 5 minutes.

Add the cream, honey, sugar, and salt and stir until the sugar dissolves, about 2 minutes.

Remove from the heat and let cool slightly.

Pour the cream mixture into a pretty mold, ramekins, 6 wine glasses or any fun glass you would like to use, dividing equally.

Cover and refrigerate until set, at least 6 hours and up to 2 days.

Spoon the fresh blueberries or blueberry sauce atop the panna cotta and serve.

Approximately 6-10 servings.

Source: Everyday Italian by Giada De Laurentiis

Blueberry Sauce Adapted from a recipe in Simply Whidbey by Laura Moore & Deborah Skinner

¾ cup water

4 tablespoons lemon juice or orange juice

2 tablespoons cornstarch

1/2 cup sugar

2 cups blueberries, fresh or frozen & slightly thawed

Mix ¾ cup water with juice and cornstarch until is it smooth. Add sugar and blueberries.

Cook over high heat, stirring gently until the mixture begins to boil. Reduce heat to simmer and cook until thickened.

Remove from heat. Blueberry Sauce may be made ahead and stored in the refrigerator.