



yogurt panna cotta with balsamic strawberries

from Elle A Cooking @ Home

prep time: 5 min
cook time: 5 min
ready in: 12 hr

servings: 4-6

ingredients:

For the Yogurt Panna Cotta:

- 1 tablespoon water
- 1 tablespoon fresh lemon juice
- 1 1/4 teaspoons unflavored gelatin
- 1 1/4 cups plain yogurt
- 3/4 cup plus 2 tablespoons cream
- 1/4 cup sugar

For the Balsamic Strawberries:

- 1 pound strawberries, hulled, sliced into quarters
- 2 teaspoons aged balsamic vinegar
- 2 teaspoons sugar

copyright © 2010 Cookinghow.com - all rights reserved

yogurt panna cotta with balsamic strawberries

from Elle A Cooking @ Home

directions:

For the Yogurt Panna Cotta:

Lightly coat the inside of four individual ramekins, custard cups, or molds with cooking spray. (Depending on the size, you may be able to fill up to six molds.)

Combine the water and fresh lemon juice in a small bowl. Sprinkle the gelatin over and let bloom for 5 minutes.

Meanwhile, in a medium mixing bowl, add the plain yogurt and 3/4 cup of cream. Whisk to combine.

In a small saucepan, combine the remaining 2 tablespoons cream and sugar. Bring to a simmer over medium-low heat, stirring to melt the sugar. Remove from the heat. Add in the softened gelatin mixture, stirring to dissolve the gelatin completely. Pour the gelatin mixture into the yogurt bowl. Stir with a whisk to combine.

Divide the mixture among the prepared molds. Chill, uncovered, until cold, then cover with plastic wrap and let panna cotta set in the refrigerator overnight.

copyright © 2010 Cookinghow.com - all rights reserved



yogurt panna cotta with balsamic strawberries

from Elle A Cooking @ Home

Unmold the panna cotta one at a time, dipping each mold into warm water for just a few seconds, quickly drying, and inverting the mold over a dessert platter. Spoon balsamic strawberries over panna cotta and garnish with fresh, sweet basil. Enjoy immediately!

For the Balsamic Strawberries:

In a large mixing bowl, gently toss together strawberries, vinegar, and sugar. Let stand 15-20 minutes, to allow the flavors to marry, tossing occasionally.