

SOUR CREAM PANNA COTTA WITH VIOLETS & ROSE PETALS



Ingredients

Neutral oil, such as sunflower or grapeseed
dried or fresh wild rose petals
Violets
6 T cold water
4 ½ t powdered gelatin (or two packets)
2 c heavy cream
½ c sugar
1/8 t salt
1 t vanilla extract
2 c sour cream or buttermilk

PANNA COTTA, WHICH COMES FROM ITALY, IS BASICALLY A FANCY JELLO THAT IS MADE WITH CREAM.

I PUT FLOWERS IN THE MOLD BECAUSE IT'S PRETTY, BUT YOU TOTALLY DON'T HAVE TO. YOU COULD ALSO CHILL THE PANNA COTTA IN LITTLE MASON JARS, DON'T WORRY ABOUT UNMOLDING IT, AND SPRINKLE THE FLOWERS ON TOP!

Directions

1. If you plan to unmold the panna cotta, oil your mold, and sprinkle with edible flowers. If not, you can oil your mason jars a bit, to make them easier to clean, later.

2. Put the cold water in a bowl, and sprinkle on the gelatin powder. Let sit until the gelatin has absorbed the water and is the consistency of a soft gel. You can do the next step while you're waiting.

3. Heat the heavy cream, sugar, and salt until the sugar has dissolved. Stir.

4. Pour the sweetened cream over the gelatin, and mix until uniform.

YOU'LL WANT TO GIVE THE DESSERT FOUR TO SIX HOURS TO CHILL, BUT YOU'LL BE ABLE TO TELL HOW SET IT IS BY PRESSING ON IT WITH YOUR FINGER.

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YOU COULD MAKE THIS ON-SITE, BUT YOU COULD ALSO MAKE IT AT HOME, AND UNMOLD IT WHEN YOU'RE CAMPING. IF YOU'RE GOING TO MAKE IT AT YOUR CAMPSITE, YOU'LL NEED TO MAKE SURE YOU HAVE A NICE COLD COOLER WITH LOTS OF SPACE, IN ORDER TO CHILL IT.

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THIS RECIPE IS ADAPTED FROM DAVID LEBOVITZ.

Directions (cont.)

5. Add the vanilla and the sour cream, or buttermilk. The cold dairy will make the mixture begin to set.

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6. If you have flowers in your mold, gently spoon a little of the panna cotta mixture over each flower to “glue” them in place. Refrigerate until the “glue” is set, and then pour on the rest of the cream, and chill until set.

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7. If you're going to garnish with flowers, instead, pour the panna cotta into the prepared molds, and chill until set. Sprinkle with flowers.

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8. Once it's set, you can unmold it, if you're going to do that. Slide a knife around the edge, put a plate or platter, or cookie sheet, on top of the mold, and flip with one quick motion. If the panna cotta doesn't slide out you can try smacking the mold a bit, and if it still won't come out, tilt the mold slightly, and use a butter knife to wiggle one edge loose. I've never had this fail!

