

# Panna Cotta



# Panna Cotta Dessert

It's really easy to make panna cotta. With a little extra effort, you can turn this into a beautiful dessert that will impress your guests. 😊

I show you how to make a basic vanilla panna cotta. Then, we make a simple caramel decoration and bake coconut tuiles.

**Enjoy!**

Yours,  
Keiko

<http://PastryFriends.com>



That's me making pralines at a food fair in Germany.

Watch every step of making the dessert in this video:  
Panna Cotta Dessert Video (click the link below)  
→ <http://pastryfriends.com/de/pastry/video/pannacottarecipe>

**VIDEO**

## What you need:

### For the panna cotta:

Heavy cream 500 g (17.6 oz.)  
Sugar 40 g (1.4 oz.)  
Gelatin 6 g (0.2 oz.)  
1 vanilla pod  
(or 2 teaspoons vanilla extract)

### For the caramel decoration:

Sugar 70 g (2.5 oz.)  
Sliced almonds 2 tbs

### For the coconut tuiles:

Grated coconut 50 g (1.8 oz.)  
Sugar 30 g (1.1 oz.)  
Egg white 40 g (1.4 oz.)  
Butter 10 g (0.35 oz.)

### Fruit salad:

Strawberries 10 pieces  
1 Kiwi  
1 Orange  
½ Apple

Gives 4-6 servings





Soak the gelatine in a small bowl with cold water. If using gelatin powder, sprinkle gelatin over 2 tbs cold water and stir. Set aside until the gelatin is softened.

Heat heavy cream together with vanilla extract or vanilla bean in a saucepan. If using a vanilla bean, slice the bean and scrape out seeds into cream (add whole bean to cream for additional flavor). Bring cream just to a simmer (do not let it boil). Remove from heat and add the sugar. Stir until the sugar dissolved.





Cover the saucepan with a small plate. Leave it for 7 minutes to infuse the vanilla aroma. Then, add the softened gelatin and stir to completely dissolve the gelatin. Strain the mixture into another bowl or large measuring cup.

Pour the mixture into the wine glasses or any molds whatever you like. Refrigerate for at least 3 hours or overnight.

**NOTE:** Don't skip the straining step as it removes any bits of undissolved gelatin and insures a nice smooth dessert. Also, don't let the cream mixture cool before straining.





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before

after

Next, we make the caramel decoration. Spread the sliced almonds on the baking paper and “roast” the almonds for 10 minutes in your pre-heated oven at 160°C (320°F) (or until they turn slightly brown).



In a small saucepan heat the sugar carefully until the sugar melts and turns brown.

Spread the caramel onto the non-sticky baking sheet with a spoon and immediately sprinkle with the roasted almond slices.

Let cool down.





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Next, prepare the fruit salad.

Cut each fruit into 5 mm dices. If you want, you can mix the fruits with 1 table spoon sugar and 1 table spoon "Kirschwasser" (cherry schnapps).





The last part for our decoration: coconut tuiles.



Mix egg white, sugar and grated coconuts in a bowl (in this order). Add melted butter and stir until well mixed.





Drop the batter onto baking pan with baking sheet. Flatten with a spoon, spreading out the batter so that it is very thin and flat.

Bake in your pre-heated oven at 175°C (347°F) until browned. It takes about 20 minutes.

Let cool down. Then, powder with icing sugar. You can use stripes of baking paper to generate a pattern.





Congratulations, we now have all parts for our panna cotta dessert in place.

By the way, you can prepare all these parts in advance and store them in the fridge. It's the perfect dessert when you have guests and don't want to spend too much time in the kitchen while your guests are waiting for the dessert. 😊

Shortly before serving, add the fruit salad and put the coconut tuiles on top of the glass.



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For the second dessert plate, briefly dip the bottom of each mold in hot water. Run a thin knife around the edge of each mould to loosen it. Place in the center of a chilled serving plate (topside down).

Garnish with fruit salad and caramel decoration. Finally, powder the edges with icing sugar...





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# Thanks for reading my ebook!

Now, it's up to you to make this dessert for your guests...

Yours,  
Keiko 😊

**P.S.:** This is a FREE ebook, so please send it to everyone who's interested in desserts and pastry. Email it to your friends, family members, colleagues... I'm sure, they will thank you for this little gift...

**P.P.S.:** If you haven't yet, go to my website and grab your copy of the "Perfect Cream Puffs" ebook. It's free!

<http://PastryFriends.com>

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