

Panna cotta with nectarine gelatin



Ingredients

Fruit gelatin:

- 250 g chopped nectarines (3 or 4 fruits)
- 30 g (2 tbsp) sugar
- 5 g unflavored gelatin (1 1/2 sheet)
- A spoonful or two of orange juice (optional)

Panna cotta:

- 250 ml (a cup) heavy cream (35%)
- 35 g sugar
- 1 tbsp condensed milk (optional)
- 1 tbsp vanilla essence or flavoring
- 5 gr unflavored gelatin (1 1/2 sheet)

Instructions:

First stop: **fruit gelatin** - we begin by hydrating the gelatin sheets. Next we purée the nectarine slices with a hand mixer, add sugar and a spoonful or two of orange juice (optional) if you'd prefer the fruit purée a little more fluid.

Next, add the hydrated gelatin once it's nice and gooey (squeeze first before adding), and grind the mixture well with the hand mixer, making sure it's perfectly smooth (when I first made it, a few bits of solid gelatine remained in a couple of servings, a rather unpleasant find in an otherwise lovely, creamy dessert).

Pour the nectarine mixture in clear cups or glasses, and place them at an angle in the freezer; I used a clean kitchen towel to help keep them in place during the cooling period.

Note the word: **cooling**, that is, we keep the fruit part 30-35 min. in the freezer or until it sets and is firm enough for the next phase, but making sure it does not freeze. If this begins to happen, place them in the fridge.

Time to prepare the **panna cotta**: hydrate the gelatin sheets in a bowl, then gently heat the cream on medium heat; stir constantly, but do not let the cream reach boiling temperature. Add the condensed milk (apologies for this one to any Italian who may be reading this with narrowed eyes), sugar and vanilla; stir well for a minute.

Remove the cream from the stovetop and add in the gelatin, stirring well until it is perfectly dissolved and there isn't a single offending trace of solid gelatin left.

Let cool for a few minutes, then pour in the cups over the solid fruit gelly. Refrigerate for at least an hour prior to serving, and for a final dash, garnish with mint leaves and fruit slices (I used Saturn peaches, which are flatter and look cuter sliced).