

Dessert

Chocolate Panna Cotta

Elaine McCarder - Special to Tribune Media Services
Palm Beach Post

Servings: 6

1 1/2 cups whole milk
4 teaspoons unflavored powdered gelatin
4 1/2 cups heavy cream
2 to 4 tablespoons good quality cocoa powder
3/4 cup sugar
pinch salt
chocolate and white chocolate bars (for garnish)

Put the milk in a medium saucepan and sprinkle the gelatin over the milk. Let it stand for about 5 minutes to soften. Turn the heat to medium and stir the milk just until the gelatin dissolves.

Add the cream, sugar and salt.

Whisk in the cocoa powder until you get the amount of chocolate you like.

Whisk over low heat until the sugar completely dissolves, just a few minutes.

Remove from the heat and let cool completely. (The mixture can be poured into a 6-cup pyrex dish to cool). Stir the mixture frequently during cooling to prevent a skin from forming.

Pour the cream mixture into six martini glasses or into a dozen small ramekins.

Cover and refrigerate. Chill until set.

With a vegetable peeler, shave small chocolate curls from each of the chocolate bars onto the panna cotta.

Per Serving (excluding unknown items): 750 Calories; 68g Fat (79.9% calories from fat); 6g Protein; 33g Carbohydrate; 0g Dietary Fiber; 253mg Cholesterol; 97mg Sodium. Exchanges: 1 Non-Fat Milk; 13 1/2 Fat; 1 1/2 Other Carbohydrates.