

Buttermilk Panna Cotta

prep 10 mins

cook 5 mins

inactive 3 hours, 5 mins

total 3 hours, 20 mins

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Update 05-01-2012: I no longer make this recipe. I find it to be way too sweet. This is my go-to [panna cotta recipe](#). It's a Claudia Fleming recipe and it's just about perfect.

Ingredients

If you have 1½ cups buttermilk on hand:

- 1½ tsp. unflavored gelatin
- ½ cup milk, not skim, but 1% and up
- ½ cup sugar
- 1½ cups buttermilk
- ¼ tsp. vanilla extract

If you have 1 cup buttermilk on hand:

- 1 tsp. gelatin
- 6 T. milk
- 6 T. sugar
- 1 cup buttermilk
- 1/8 tsp. vanilla

Instructions

1. In a small bowl, sprinkle the gelatin over ¼ cup (or 3 tablespoons if using 1 cup of buttermilk) of water. Let stand until softened, about 5 minutes.
2. In a saucepan, heat milk and sugar over medium heat until sugar dissolves and mixture is hot but not boiling, 3-5 minutes.

Remove from heat, stir in gelatin mixture, then buttermilk, and vanilla. Pour into 4 or 6-oz ramekins* and chill until set, 3 hours.

3. To serve, run a knife around edge of ramekin, place a plate on top, flip over and gently shake to turn out onto plate.

Garnish with some fresh berries.

*Note: Pour into any vessel you have. If using tall, narrow glasses, do not worry about inverting. Serve right in the glass. Keeps well in the fridge for at least a week.