



Buttermilk Panna Cotta with Berries and Vanilla Sabayon

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

DESSERT

Ingredients

- 0.5 cup poached berries mixed fresh
- 1 cup buttermilk well-shaken
- 2 tablespoons vin santo sweet such as sauterne
- 3 large egg yolk
- 0.8 teaspoon gelatin powder unflavored ()
- 1 tablespoon grand marnier
- 0.5 cup cup heavy whipping cream

- 0.3 cup strawberries fresh hulled quartered
- 2 tablespoons sugar
- 1 vanilla pod split

Equipment

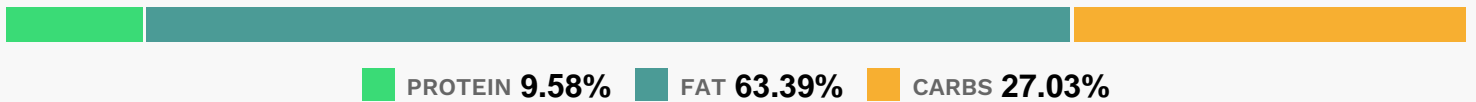
- bowl
- sauce pan
- knife
- whisk
- sieve
- plastic wrap
- ramekin
- hand mixer
- blow torch
- kitchen thermometer

Directions

- Make panna cotta
- In small bowl, sprinkle gelatin over 3 tablespoons water.
- Let stand until gelatin softens, about 1 minute.
- In heavy, medium saucepan over moderate heat, whisk together cream and sugar. Scrape in seeds from vanilla bean; add bean.
- Heat, whisking occasionally, until sugar dissolves, about 2 minutes.
- Remove from heat and whisk in gelatin and buttermilk. Strain through fine-mesh sieve into medium, nonreactive bowl, discarding vanilla bean. Cover surface with plastic wrap and let rest at room temperature 15 minutes.
- Divide mixture among ramekins and refrigerate until set, at least 8 hours or overnight.
- Make sabayon
- In medium bowl, using electric mixer or whisk, beat cream until stiff peaks form.

- In large nonreactive metal bowl, using electric mixer or whisk, whisk together egg yolks and sugar until light and pale yellow, about 1 minute. Set bowl over saucepan of barely simmering water and whisk in wine. Cook, whisking constantly and being careful not to let mixture steam, until mixture thickens and instant-read thermometer inserted into center registers 140°F, about 5 minutes.
- Remove bowl from saucepan and continue to whisk until mixture cools, 2 to 3 minutes. Fold in orange liqueur, then gently fold in whipped cream.
- To assemble and serve
- Using thin sharp knife, cut around inside edge of each ramekin to loosen. Dip bottom of 1 ramekin into bowl of very warm water 6 seconds.
- Place dessert plate upside-down atop ramekin and invert, gently lifting off ramekin to allow panna cotta to settle onto plate. Repeat to unmold remaining panna cottas.
- Arrange berries atop and around each panna cotta and spoon sabayon over berries. If desired, use kitchen blowtorch to lightly brown sabayon and serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.27, Glycemic Load:5.3, Inflammation Score:-5, Nutrition Score:6.7360869749733%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Petunidin: 4.03mg, Petunidin: 4.03mg, Petunidin: 4.03mg, Petunidin: 4.03mg Delphinidin: 4.5mg, Delphinidin: 4.5mg, Delphinidin: 4.5mg, Delphinidin: 4.5mg Malvidin: 16.73mg, Malvidin: 16.73mg, Malvidin: 16.73mg, Malvidin: 16.73mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 244.27kcal (12.21%), Fat: 16.47g (25.34%), Saturated Fat: 9.22g (57.6%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 15.11g (5.49%), Sugar: 13.72g (15.25%), Cholesterol: 177.92mg (59.31%), Sodium: 79.94mg (3.48%), Alcohol: 2.12g (100%), Alcohol %: 1.79% (100%), Protein: 5.6g (11.2%), Selenium: 10.69µg (15.27%), Vitamin A: 730.17IU (14.6%), Vitamin B2: 0.24mg (14.13%), Vitamin D: 1.94µg (12.96%), Phosphorus: 123.46mg (12.35%), Calcium: 109.18mg (10.92%), Vitamin B12: 0.57µg (9.54%), Vitamin B5: 0.72mg (7.24%), Vitamin C: 5.95mg (7.22%), Folate: 26.55µg (6.64%), Vitamin E: 0.76mg (5.09%), Vitamin B6: 0.09mg (4.62%), Potassium: 155.66mg (4.45%), Vitamin B1: 0.07mg (4.44%), Vitamin K: 4.6µg (4.38%), Zinc: 0.63mg (4.18%), Manganese: 0.08mg (4.18%), Copper: 0.06mg (3.02%), Magnesium: 11.81mg (2.95%), Fiber: 0.7g (2.81%), Iron: 0.5mg (2.77%), Vitamin B3: 0.23mg (1.17%)