




Ginger-Lemon Panna Cotta with Brandied Berry Sauce


 Gluten Free

READY IN




45 min.

SERVINGS



6

CALORIES



436 kcal

DESSERT

Ingredients

- 1 tablespoon vegetable oil
- 1 cup milk whole
- 1 cup cup heavy whipping cream
- 0.5 vanilla pod
- 2 ginger tea bags
- 2 tablespoons juice of lemon fresh
- 3 tablespoons water

- 2 teaspoons gelatin powder unflavored
- 0.5 cup granulated sugar
- 1 cup crème fraîche
- 2 tablespoons lemon zest grated
- 1 tablespoon lemon zest fine
- 6 servings sauce
- 8 ounces blackberries fresh
- 8 ounces blueberries fresh
- 3 tablespoons brown sugar packed ()
- 3 tablespoons brown sugar packed ()
- 0.3 cup brandy
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground cardamom
- 0.3 teaspoon cinnamon
- 1 serving frangelico
- 6 servings frangelico

Equipment

- bowl
- baking sheet
- sauce pan
- knife
- whisk
- sieve
- blender
- measuring cup

Directions

- In a small sauce pan, heat cream, milk and vanilla bean including seeds to a simmer, do not boil.
- Add 2 ginger tea bags.
- Remove from heat, cover and steep for 20-30 minutes to infuse with flavor.
- Remove vanilla bean and tea bags.
- In a small bowl, add lemon juice and warm water.
- Sprinkle in powdered gelatin (two envelopes) allow to set, takes about 7-10 minutes.
- Return sauce pan to low heat and whisk in sugar and gelatin until dissolved thoroughly, 2-3 minutes.
- Turn off heat and whisk in grated lemon zest and crme frache.
- Pour mixture through sieve into 4 cup measuring cup (this makes it easy to pour into the oiled individual bowls.)
- Pour into individual bowls (I placed the on a large rimmed baking sheet and covered) chill for at least 5 hours or overnight before serving
- Run thin sharp knife around edge of bowls, Set each bowl (one at a time) in hot water half-way up sides for 45 seconds to release, invert on to serving plate with a drizzle of the Brandied Berry Sauce and fresh berries, sprinkled with reserved shredded lemon zest.
- Sauce Directions
- Place 1 cup each of blackberries and blueberries in food process or blender with brown sugar and brandy. Blend to puree. In a small sauce pan, mix puree and spices and heat to low boil, turn down heat to low and simmer 15 minutes or until reduced by .
- Remove from heat and press mixture through a fine sieve, removing all seeds. Cool before serving. Can be made a day ahead and chilled.
- Sprinkle with reserved berries when plating.
- Cooks Tips
- You can used frozen berries, thaw thoroughly and reserve juices to incorporate into sauce.

Nutrition Facts



■ PROTEIN 5.09% ■ FAT 54.11% ■ CARBS 40.8%

Properties

Glycemic Index:33.02, Glycemic Load:14.6, Inflammation Score:-7, Nutrition Score:9.4586956521739%

Flavonoids

Cyanidin: 40.98mg, Cyanidin: 40.98mg, Cyanidin: 40.98mg, Cyanidin: 40.98mg Petunidin: 11.92mg, Petunidin: 11.92mg, Petunidin: 11.92mg, Petunidin: 11.92mg Delphinidin: 13.39mg, Delphinidin: 13.39mg, Delphinidin: 13.39mg, Delphinidin: 13.39mg Malvidin: 25.55mg, Malvidin: 25.55mg, Malvidin: 25.55mg, Malvidin: 25.55mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 7.75mg, Peonidin: 7.75mg, Peonidin: 7.75mg, Peonidin: 7.75mg Catechin: 16.01mg, Catechin: 16.01mg, Catechin: 16.01mg, Catechin: 16.01mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Taste

Sweetness: 100%, Saltiness: 14.07%, Sourness: 39.04%, Bitterness: 30.98%, Savoriness: 16.06%, Fattiness: 64.12%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 436.07kcal (21.8%), Fat: 25.79g (39.67%), Saturated Fat: 14.12g (88.26%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 40.41g (14.69%), Sugar: 38.79g (43.1%), Cholesterol: 72.32mg (24.11%), Sodium: 57.72mg (2.51%), Alcohol: 3.34g (18.56%), Protein: 5.46g (10.91%), Manganese: 0.48mg (24.15%), Vitamin C: 18.01mg (21.84%), Vitamin K: 20.94µg (19.94%), Vitamin A: 991.19IU (19.82%), Calcium: 144.9mg (14.49%), Vitamin B2: 0.23mg (13.57%), Fiber: 3.33g (13.34%), Phosphorus: 108.71mg (10.87%), Vitamin E: 1.39mg (9.27%), Potassium: 267.09mg (7.63%), Vitamin D: 1.08µg (7.21%), Copper: 0.14mg (6.97%), Selenium: 4.46µg (6.37%), Vitamin B12: 0.36µg (6.06%), Magnesium: 24.11mg (6.03%), Vitamin B5: 0.57mg (5.68%), Vitamin B6: 0.1mg (4.97%), Zinc: 0.68mg (4.57%), Folate: 17.54µg (4.39%), Vitamin B1: 0.06mg (4.27%), Iron: 0.6mg (3.33%), Vitamin B3: 0.56mg (2.78%)