



Salty Caramel Panna Cotta

READY IN



160 min.

SERVINGS



8

CALORIES



977 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 50 grams butter
- ☐ 8 servings fleur del sel
- ☐ 1 tablespoon powdered gelatin
- ☐ 75 grams glucose
- ☐ 1 cup heavy cream
- ☐ 2 cups heavy cream
- ☐ 8 ounces heavy cream
- ☐ 0.8 cup milk

- ☐ 8 ounces chocolate chopped
- ☐ 8 servings milk chocolate shavings
- ☐ 8 servings popped popcorn
- ☐ 0.3 teaspoon salt
- ☐ 8 servings peanuts salted
- ☐ 1 cup sugar
- ☐ 75 grams sugar
- ☐ 8 servings whipped cream

Equipment

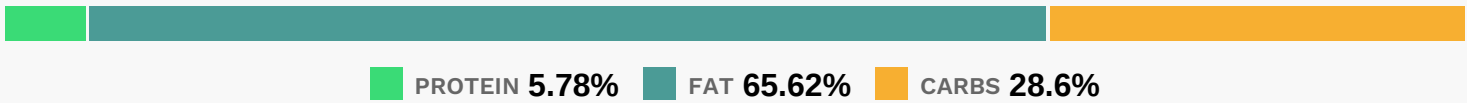
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ For the ganache: Boil the heavy cream in a saucepan over medium-high heat.
- ☐ Pour the cream into a bowl over the milk chocolate and whisk until the chocolate is melted.
- ☐ Pour one ladle of ganache into the bottom of 8 double rocks glasses. Put in the refrigerator and allow to cool while you make the caramel sauce and panna cotta.
- ☐ For the caramel sauce: Boil the heavy cream in a saucepan over medium-high heat.
- ☐ Put the sugar in a separate saucepan.
- ☐ Add a pinch of fleur de sel to the sugar.
- ☐ Heat the sugar over medium-high heat until it starts to turn a caramel color, 6 to 10 minutes. Slowly add the cream to the dark caramel sauce and whisk together. Allow to cool.
- ☐ Pour 3/4 cup of the milk in a bowl.
- ☐ Sprinkle the powdered gelatin over the milk.

- ☐ Heat the remaining 1 cup milk and the heavy cream in a saucepan over medium-high heat and bring to a light simmer.
- ☐ Pour the milk and cream mixture over the gelatin mixture and whisk until dissolved.
- ☐ Pour the salty caramel sauce into the mixture, whisking as you pour. Distribute evenly into the double rocks glasses over the ganache.
- ☐ Place in the refrigerator for 2 to 3 hours.
- ☐ When the panna cotta is chilled, garnish with salted peanuts, Caramelized Popcorn, whipped cream or milk chocolate shavings
- ☐ Make a dry caramel with the glucose and sugar.
- ☐ Heat until it is light caramel in color.
- ☐ Add the butter and mix until melted.
- ☐ Add the salt and baking soda and mix until incorporated.
- ☐ Add the popcorn and toss until evenly coated.
- ☐ Pour on a silicon mat to cool.

Nutrition Facts



Properties

Glycemic Index:49.01, Glycemic Load:31.87, Inflammation Score:-8, Nutrition Score:15.192608683006%

Nutrients (% of daily need)

Calories: 976.76kcal (48.84%), Fat: 74.53g (114.67%), Saturated Fat: 39.7g (248.13%), Carbohydrates: 73.09g (24.36%), Net Carbohydrates: 68.64g (24.96%), Sugar: 58.33g (64.81%), Cholesterol: 153.69mg (51.23%), Sodium: 530.92mg (23.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.57mg (6.52%), Protein: 14.78g (29.57%), Manganese: 0.88mg (43.8%), Vitamin A: 1965.52IU (39.31%), Phosphorus: 262.45mg (26.24%), Magnesium: 97.6mg (24.4%), Vitamin B3: 4.81mg (24.04%), Vitamin B2: 0.36mg (21.3%), Copper: 0.41mg (20.57%), Fiber: 4.45g (17.82%), Calcium: 151.8mg (15.18%), Vitamin D: 2.16µg (14.38%), Potassium: 481.21mg (13.75%), Selenium: 7.79µg (11.13%), Folate: 44.29µg (11.07%), Zinc: 1.49mg (9.94%), Iron: 1.71mg (9.51%), Vitamin B1: 0.14mg (9.41%), Vitamin E: 1.36mg (9.06%), Vitamin B5: 0.86mg (8.57%), Vitamin B6: 0.15mg (7.44%), Vitamin K: 6.25µg (5.96%), Vitamin B12: 0.34µg (5.69%)