



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

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Recipe 62

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# Panna Cotta (Italian Cooked Cream) topped with Fresh, Seasonal Berries

## PREPARATION

- 1 - Place the milk in a small bowl and sprinkle the gelatin on top. Let stand 3-5 minutes to soften the gelatin.
- 2 - Pour milk mixture into a heavy saucepan and stir over medium heat just until the gelatin dissolves but the milk does not boil (about 5 minutes). Add the cream, honey, sugar and salt. Stir until sugar dissolves (about 5-7 minutes). Remove from heat.
- 3 - Pour into 6 wine glasses so that they are half full. Allow to cool slightly and then refrigerate until set (at least 6 hours).
- 4 - Spoon the berries atop the panna cotta and serve.



Cooks Note: Panna Cotta (or "cooked cream" in Italian) has an exceptionally light and silky mouthfeel. Topped with an array of colorful, seasonal berries, it is the perfect dessert of the season. (This recipe is shared courtesy of my good friend and talented Italian cook, Luciana Valenti.)  
Bon Appetit!  
-George

(photo by Marc-Henri)

## INGREDIENTS

- 1 cup whole milk
- 1 tablespoon unflavored powdered gelatin
- 3 cups whipping cream
- 1/3 cup honey
- 1 tablespoon sugar
- pinch of salt
- 2 cups assorted fresh berries

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