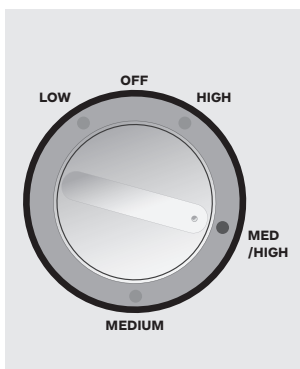# TIP SHEET | Vanilla Bean Panna Cotta

WHAT IS PANNA COTTA?

Think of panna cotta as a cross between custardy crème brûlée and creamy vanilla pudding. It's an Italian dessert—the name translates as "cooked cream"—and is traditionally thickened with animal-based gelatin. Epicure's version is thickened with agar—a plant-based vegan thickener made from seaweed. Eat it right out of a cup or unmold onto a plate and drizzle with **Caramel Sauce** or **Chocolate Fudge Sauce** for an elegant dessert.

THE PERFECT MEASURE

Always use a liquid measuring cup to measure liquids.

SETTING WITH SUCCESS

If your panna cotta isn't setting well, it might be the cooking method:

- When bringing the mixture to a boil, make sure your temperature isn't too high—medium-high temp is the perfect sweet spot. To avoid any from boiling over, stir frequently.
- Make sure the mixture is brought to a rolling boil (it should have lots of bubbles and be boiling rapidly) before it's removed from the heat. This ensures that the agar is dissolved and activated and will set properly once chilled. You can also do a spoon test by dipping the spoon into the mixture and checking the back; it should be smooth, not gritty.

It might be the setting time:

- Ensure that you've given the panna cotta a chance to set for at least 3 hours, or overnight.
- If you plan on letting it set overnight, we recommend covering them to prevent a skin from forming—Epicure **Prep Bowls** (1-cup) are the perfect vessels.

PAIR PERFECTLY WITH PREP BOWLS

Use **Prep Bowls** (1-cup) to make **Vanilla Bean Panna Cotta** in single servings. Serve right in the bowl, or for easy unmolding, rinse bowls with cold water (but don't dry) prior to pouring in the mixture.

THE FINISHED PRODUCT

Jiggle Jiggle—it should be silky smooth and intact. When you touch it, it should have a gentle wobble.

EPICURE™