

Buttermilk Panna Cotta with Wild Blueberry Balsamic Reduction



Prep Time: 10 minutes

Cook Time: 15 minutes

Set Time: 6 hours-overnight

Serves: 6 half-cup portions

Panna Cotta Ingredients

- 1 cup whole milk or light cream, divided
- 2½ tsp. unflavored powdered gelatin
- 2 cups buttermilk
- ½ cup granulated sugar
- 2½ tsp. pure vanilla extract, or 1 vanilla bean (split and scraped, but including pod)

Balsamic Reduction Ingredients

- 1 cup [Gustare Wild Blueberry Balsamic Vinegar](#)
- 4 tbsp. brown sugar
- 1 tsp. pure vanilla extract
- ¼ tsp. black pepper, freshly ground
- Fresh berries, mint leaves or chopped almonds, optional, for garnish

Directions for Panna Cotta:

1. Bloom gelatin in a half cup of milk or light cream. Be certain gelatin is completely covered with liquid.
2. Place buttermilk in 1-quart measuring pitcher or bowl, set beneath a fine mesh strainer or chinois. Set aside.
3. Heat remaining half cup of heavy cream with sugar and vanilla to just a slight boil. Quickly remove from heat.
4. Pour hot cream over bloomed gelatin and whisk vigorously to dissolve. If necessary, return to heat briefly and stir until gelatin has melted completely.

5. Temper approximately $\frac{1}{3}$ - $\frac{1}{2}$ of the buttermilk into hot cream, and then strain entire mixture over remaining buttermilk. Stir to combine and to ensure even distribution of gelatin. Mixture should be cool but not set.
6. Use pitcher to dispense panna cotta into dishes. Allow to set in refrigerator for several hours or overnight.
7. Finish with balsamic reduction and garnishes (below).

For Balsamic Reduction:

Bring balsamic, brown sugar, extract, and pepper to boil. Reduce heat to simmer, uncovered, approximately 8 minutes.

Allow to cool. Balsamic should resemble a thick syrup.

Drizzle or spoon over panna cotta. Garnish with berries, fresh mint leaves, or sprinkle with almonds. Enjoy!

Note: Try our reduction sauce with Black Cherry, Strawberry, Blackberry-Ginger, or any of your favorite Gustare balsamics! It is also delicious spooned over ice cream or plain Greek Yogurt.