

## PANNA COTTA

(from *Milk*)

1 envelope (2 1/4 tsp.) unflavored granulated gelatin  
1 cup milk  
2 cups heavy cream (or half heavy, half light cream)  
1/2 cup sugar (3/4 cup if you like it sweet)  
pinch of salt  
1/2 tsp. finely grated lemon zest (optional)  
1 to 2 tsp. freshly squeezed lemon juice (optional) -- I skipped this

Put the gelatin in a small saucepan with the milk and cream. Add the sugar, salt, and optional lemon zest and juice; heat gently, stirring to dissolve the gelatin and sugar thoroughly. If using ultrapasteurized cream, do not quite let it boil. Otherwise, bring just to a boil and remove from the heat. (Make sure the gelatin is dissolved; if necessary, reheat briefly.) If you wish, pour through a fine-mesh strainer to remove the shreds of lemon zest. Let the mixture cool slightly.

Have ready six lightly oiled 6-ounce or 4-ounce heatproof glass custard cups. Pour in the mixture and refrigerate until set, 3 to 4 hours. (If keeping longer, cover with plastic wrap; it's best eaten within a day.) Unmold by briefly dipping the bottom of each cup in hot water, then inverting onto a serving plate. Serve with lightly sweetened fresh fruit or a pureed fruit sauce like raspberry coulis.

(Note: I thawed about two cups of raspberries and added a few spoons of sugar before spooning this impromptu sauce over the unmolded panna cotta.)

Serves 6.

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