

Panna Cotta

1 envelope unflavored gelatin

1 cup half and half

2 tablespoons cold water

1/3 cup sugar

2 cups heavy cream

1 ½ teaspoons vanilla extract

Sprinkle gelatin over water in small saucepan, and let stand about 1 minute to soften. Heat over low heat until gelatin is dissolved. Remove pan from heat.

In large saucepan, over moderately high heat, bring cream, half and half, and sugar just to boil, stirring constantly. Remove from heat, and stir in gelatin mixture and vanilla. Divide cream mixture among eight dessert cups and cool to room temperature. Chill, covered, at least 4 hours.

Dip dessert cups, 1 at a time, into bowl of hot water for 3 seconds. Run thin knife around edge of each and invert cup onto center of a small plate. Garnish with berries or fruit as desired.