
Peach-Coconut Panna Cotta

Food Network Kitchen

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1 packet (1/4 ounce) gelatin
1 cup milk
3 peaches, pitted
1/3 cup coconut water
juice of one lime
1 cup heavy cream
1/3 cup sugar
chopped peaches (for topping)

In a bowl, sprinkle the gelatin over the milk. Let bloom for 5 minutes.

In a food processor, puree the peaches with the coconut water and lime juice until smooth. Strain through a fine-mesh sieve into a saucepan. Cook over medium heat until slightly thickened, 8 minutes.

Add the milk-gelatin mixture heavy cream and sugar. Cook, stirring, until smooth. Let cool slightly.

Divide the mixture among six to eight ramekins. Refrigerate until set, at least six hours or overnight.

Top with chopped peaches.

Dessert

Per Serving (excluding unknown items): 1447 Calories; 97g Fat (58.3% calories from fat); 17g Protein; 138g Carbohydrate; 6g Dietary Fiber; 359mg Cholesterol; 267mg Sodium. Exchanges: 2 Fruit; 1 1/2 Non-Fat Milk; 19 Fat; 5 1/2 Other Carbohydrates.