

# Yogurt Panna Cotta

Yield: 6 servings

## Ingredients

½ cup milk  
1 cup sugar  
½ orange, zest peeled in a strip and juiced  
½ lemon, zest peeled in a strip and juiced  
¼ vanilla bean, split (or vanilla paste or extract)  
4 sheets silver-strength leaf gelatin  
¾ cup live active cultured yogurt (no starch or gelatin types)  
1½ cups heavy cream, whipped  
1 pint blueberries  
2 tablespoons sugar  
1 tablespoon orange juice  
1 tablespoon lemon juice

## Method

1. In a saucepan, heat the milk, sugar, rinds (save the insides for the compote), and vanilla bean simmering until the sugar is dissolved. If using extract or paste, add after removing from the heat.
2. Meanwhile place the gelatin in enough cold water to submerge it completely, about 1½ cups. Soak the gelatin until softened. Once soft, remove the gelatin from the water, squeezing out excess water. Add the gelatin to the hot liquid and stir to melt. Let cool slightly then stir in the yogurt.
3. Strain the mixture into a clean bowl. Chill over an ice bath until it starts to thicken. Fold in the whipped cream. Pour into individual or large molds. Chill for 2 hours.
4. When ready to serve, dip in hot water 10 seconds to remove from the molds and turn them out onto dessert plates.
5. To make the compote, place the blueberries, sugar, orange juice and lemon juice in a saucepan and bring just to a boil. Stir the fruit once, turn off the heat and let it stew on its own for 5 minutes. Serve cold or at room temperature, spooned around the panna cotta.

