



Panna Cotta with Limoncello and Mango Puree Topping

Panna Cotta with Italian Lemon Liqueur – a refreshing Italian dessert



Easy



2 Servings



45 min.



Panna cotta is a popular Italian dessert—and one you can easily make yourself. The name of the dessert has a melodious Italian ring to it—yet “panna cotta” simply translates to “cooked cream.” That’s exactly how this cream dessert is traditionally made: cream is brought to a boil in a pot and slowly reduced until it’s nice and creamy. These days, gelatin is often used as well, which shortens the preparation time. In our version, featuring lemony Italian limoncello liqueur and mango purée, the dessert has a deliciously refreshing twist.

Ingredients

300 g heavy cream
3 sheets of gelatin
20–40 ml limoncello
(lemon liqueur)
70 g sugar
20 g powdered sugar
one fresh mango
one vanilla bean

Step 1: The Preparation

Soak the gelatin sheets in cold water and slit the vanilla bean lengthwise with a sharp knife to scrape out the seeds with a teaspoon. Peel the mango and use a knife to separate the flesh from the pit. Then cut it into small cubes.

Step 2: Limoncello

Step 3: Bring the cream to a boil

To make your panna cotta, combine the cream, limoncello, sugar, vanilla seeds, and the whole vanilla bean in a saucepan and bring everything to a boil. Turn off the heat as soon as the cream comes to a boil and let it simmer over low heat for about 15 minutes. Then remove the saucepan from the heat and set it aside. Remove the vanilla bean with a fork. Now gently squeeze out the excess water from the gelatin sheets and add them to the cream mixture. Then stir until the gelatin is completely dissolved. This works best with a whisk. Pour the panna cotta into serving glasses and let it cool completely.

Step 4: Prepare the mango puree

To make the mango purée, use half of the diced fruit and the powdered sugar. Purée the fruit until smooth using an immersion blender or a regular blender. Place the mango purée in the refrigerator to cool, then spread it over the panna cotta.

Step 5: The Finale

Just before serving, scatter the remaining mango cubes over the panna cotta. And then: Buon appetito!

Diese und weitere leckere Rezeptideen findest du auf:

www.orodiparma.de/italienische-rezepte