

Mango-Anise Panna Cotta with Blueberries and Honey

Summer Fruit with Sugar & Spice | June 2007



We used antique scalloped metal molds for these mango-and-spice Italian custards, but silicone molds and ramekins also work.

- NONSTICK COOKING SPRAY
- 1/3 CUP SUGAR
- 1 ENVELOPE UNFLAVORED GELATIN
- 3/4 CUP MANGO NECTAR
- 2 STAR ANISE
- 2 2–3-INCH PIECES STICK CINNAMON
- 1/2 CUPS WHIPPING CREAM
- 1/4 CUPS DAIRY SOUR CREAM
- 1 TSP. VANILLA
- 1 CUP FRESH BLUEBERRIES, RASPBERRIES, AND/OR BLACKBERRIES
- 1/2 TSP. FINELY SHREDDED LIME PEEL
- FULL-FLAVORED HONEY
- THIN SLICES LIME, HALVED (OPTIONAL)

Lightly coat eight 6-ounce molds or ramekins with cooking spray; set aside.

In a medium saucepan stir together sugar and gelatin. Add nectar, star anise, and cinnamon sticks. Heat and stir until gelatin is dissolved. Remove from heat; let stand 15 minutes. Remove and discard anise and cinnamon sticks. Stir in whipping cream, sour cream, and vanilla. Pour mixture into prepared molds or ramekins. Cover and chill for 4 to 24 hours or until set.

To serve, immerse bottom half of each mold or ramekin in hot water about 10 seconds. If needed, run a clean small knife around edge to loosen. Invert each onto a small dessert plate. Top with berries and sprinkle with lime peel. Drizzle with honey and garnish with lime slices, if desired. Makes 8 servings.

Per serving: 288 cal., 23 g fat (14 g sat. fat), 75 mg chol., 37 mg sodium, 19 g carbo., 0 g fiber, 3 g pro.

BLUEBERRIES

Dessert may be the healthiest course in your meal if it's based on blueberries—they have among the highest concentration of antioxidants of any fruit.