

Panna Cotta all'Arancia con Pistacchio



Ingredients:

6 servings

For the panna cotta

- 500 grams heavy cream
- 2 gelatin sheets for baking (approx. 10 g), [such as these](#)
- 100 grams sugar
- 1 vanilla bean
- Zest of one orange, preferably a blood orange

For the orange sauce

- Juice of two oranges, preferably a blood orange
- 100 grams sugar
- 1 Tbsp water

Garnish

- 2 Tbsp ground pistachios
- 6 slices of blood orange

Equipment:

- 6 silicone baking cups or brioche molds, such as [these](#), or [these](#)

Instructions:

Prepare the Panna Cotta

1. Submerge the gelatin sheets in a pan of cold water and let them sit.
2. Use your finger or a paper towel to lightly coat the panna cotta molds with vegetable oil.
3. Add the cream and sugar to a small pan.
4. Split the vanilla bean lengthwise, use a knife to scoop out the seeds, and add them to the cream and sugar.
5. Zest the orange and add the zest to the cream mixture.
6. Gently bring it to a boil over medium-low heat, stirring occasionally. When it boils, remove it from heat.
7. Remove the gelatin sheets from the water one-by-one, wring the excess water off them, and add each sheet to the cream. Stir until the gelatin dissolves completely into the cream mixture.
8. Transfer the cooked cream to a pitcher or container with a spout and pour it into the molds.
9. Refrigerate for at least two hours, or longer.

Prepare the Orange Sauce

1. Place the sugar into a small saucepan, and then add water. Without stirring, place over low heat.
2. While the sugar heats and dissolves into the water, juice your two oranges, ensuring that pulp and seeds are filtered out.
3. Once the sugar has completely dissolved, add the orange juice. The addition of the orange juice will cause the sugar to crystallize. Turn the heat to its lowest setting and stir until the sugar dissolves again.
4. Remove from heat and let cool to room temperature.

Assemble, Garnish and Serve

1. When the panna cotta is ready, carefully turn it out of its mold onto a small serving plate.
2. Drizzle the orange sauce over the top of each panna cotta, and finish with a dusting of pistachio.
3. Garnish with a thin orange slice and a dusting of ground pistachio.

Notes:

Ideally, use Sicilian Bronte pistachios. If you cannot find them, regular pistachios will work just fine. Don't exceed 10g of gelatin. Usually, that will be two gelatin sheets. This may vary depending on brand, so it's worth weighing them.

A properly prepared panna cotta will jiggle on its plate but hold its shape. A panna cotta with too little gelatin will collapse when spooned into, while too much gelatin will leave your panna cotta stiff and thick.

Turning the panna cotta out of its mold onto a small serving plate can be tricky, as sometimes it doesn't cooperate. It helps to coat the panna cotta mold with a thin layer of flavorless oil, such as vegetable oil. If it still sticks, use a knife to gently separate the panna cotta from the mold. You can also try running the bottom and sides of the mold quickly under hot water, or applying a hot, damp cloth to the mold to loosen the panna cotta and help it come out.