

NATASHA'S KITCHEN

Panna Cotta

Author: Natasha Kravchuk **Servings:** 6 dessert cups **Prep Time:** 4 hrs 5 mins

Cook Time: 15 mins **Total Time:** 4 hrs 20 mins

Panna Cotta is an Italian dessert that looks and tastes fancy but is so quick and easy to make! The fresh berry sauce gives every creamy spoonful the perfect balance of sweet and tangy.



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Ingredients

Ingredients for Panna Cotta:

- 1 cup whole milk
- 2 1/2 tsp unflavored gelatin, (1 packet Knox gelatin)
- 2 cups heavy whipping cream
- 1/2 cup + 1 Tbsp granulated sugar
- pinch salt
- 1 tsp vanilla extract
- 1 cup sour cream

Ingredients for Berry Sauce:

- 2 cups berries, divided (1 cup raspberries and 1 cup quartered strawberries)
- 1/4 cup granulated sugar
- 1/2 Tbsp lemon juice

Instructions

How to Make Panna Cotta:

1. Off the heat, place 1 cup milk in a medium saucepan and sprinkle the top with 1 packet gelatin. Let stand 3-5 min or until gelatin is softened. Place pan over medium/low heat and stir until gelatin dissolves and mixture is steaming, about 4-5 min (do not boil).
2. Add 2 cups heavy whipping cream, 1/2 cup + 1 Tbsp sugar, 1 tsp vanilla, and a pinch of salt. Continue stirring for about 5 min until the sugar is fully dissolved and the mixture is steaming (do not boil). Remove from heat and let cool for 5 minutes.
3. Place sour cream in a medium bowl with a pouring lip. Whisking constantly, gradually add warm cream. Once the mixture is completely smooth, strain through a fine mesh sieve if desired, then quickly divide it into 6 glass cups or 8 ramekins. Refrigerate until fully set; 4 to 6 hours.

How to Make Berry Sauce:

1. In a small saucepan, combine 1 cup berries, 1/2 Tbsp lemon juice, and 1/4 cup sugar. Bring to a low boil and cook for 4-5 min or until syrupy.
2. Stir in remaining 1 cup of fresh berries and remove from heat. When the syrup is at room temp or just barely

warm, spoon it over the top of chilled panna cottas.

Notes

How to unmold Panna Cotta on a plate:

1. **Dip ramekins** in a bowl of hot water for 5-10 seconds, making sure not to get hot water into the panna cotta dish.
2. **Quickly wipe** the bottom of the ramekin. Run a knife around the edge of the ramekin to break the seal from the dish.
3. **Invert the ramekin** over a serving dish. Tap the ramekin and lift the dish away from the set Panna Cotta.

Make-Ahead and Storage: Panna Cotta can be made several days in advance so it is perfect for entertaining!

- **To Refrigerate:** Tightly cover with plastic wrap for up to 3 days. Add the berry sauce or garnish just before serving.
- **Freezing:** Freezing is not recommended as it can alter the creamy texture and consistency.

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