

Coconut, Lime and Ginger Panna Cotta

Serves 4 – 6 (Makes 3 cups)

- ¼ oz. unflavored gelatin (1 envelope) and 3 Tbl. of water
- Finely grated zest of 1 lime
- 1 ¼ c. coconut milk (not coconut cream used in Piña Coladas)
- ½ c. cream or half and half
- 3 Tbl. ginger, grated (you do not need to peel)
- ¼ c. fresh lime juice (approximately 1 ½ limes)
- ½ c. granulated sugar
- 6 oz. plain yogurt, preferably Greek or strain liquid from regular yogurt

In a medium bowl, dissolve gelatin in the 3 Tbl. of water. Add zest to the bowl. In a saucepot, heat coconut milk, cream, ginger, lime juice and sugar. Heat to just boiling, reduce heat and simmer about 3 minutes to dissolve sugar and infuse milk. Strain liquid into the bowl with the gelatin, pressing on the solids and stir to dissolve gelatin. Cool 10 -15 minutes. Whisk in yogurt. Pour into a lipped cup or pitcher to make a clean pour. Divide equally among either serving or molding dishes and cover with plastic wrap. Chill for 3-4 hours until firm.

To serve in wine glasses or other decorative glass receptacle, pour liquid into the glass, cover and chill until ready to serve. If using a mold, lightly grease the mold with a neutral flavored cooking spray. To unmold, run a thin, sharp tipped knife around the sides of the mold to loosen. Top the mold with a serving plate, flip over and tap out the panna cotta.

Top with finely diced fresh fruit such as pineapple, papaya, mango or strawberries (or a combination) or lychees cut in half. Toss with finely minced fresh mint. Garnish with a fresh mint sprig.

Note: If you don't like coconut, substitute the coconut milk for 1 cup whole milk and increase the cream to ¾ cup. Conversely, you can also omit the cream and use 1 ¾ cups of coconut milk.