



Maple Panna Cotta with Raspberry Compote

Prep: 25 minutes plus chilling

Cook: 35 minutes • Serves: 8

Panna Cotta

- 1¼ cups maple syrup
- ¾ cup packed light brown sugar
- ¼ cup cool water
- 1 tablespoon plus 1 teaspoon unflavored gelatin
- 1 vanilla bean, split lengthwise
- 2 cups heavy cream
- 1 cup whole milk
- ¼ teaspoon salt

Raspberry Compote

- 1 package (6 ounces) fresh raspberries
- ¼ cup granulated sugar
- 2½ tablespoons water
- 2 tablespoons raspberry liqueur
- 1½ teaspoons fresh lemon juice

1. Prepare Panna Cotta: In small saucepan, whisk syrup and brown sugar; heat to a simmer over medium-low heat. Simmer 25 minutes or until reduced by half; cool.

2. In small bowl, add water; sprinkle gelatin over top and let stand 5 minutes.

3. In small saucepan, heat vanilla bean, cream, milk, salt and maple syrup reduction to a boil over medium-high heat; whisk in gelatin mixture until combined. Evenly pour cream mixture into 4-ounce ramekins; refrigerate at least 4 hours or up to 1 day. Makes about 4½.

4. Prepare Raspberry Compote: In small saucepan, heat half the raspberries, granulated sugar, water and raspberry liqueur to a simmer over medium heat; cook 3 minutes. In blender, purée until smooth; strain through fine-mesh strainer into small bowl. Stir in lemon juice and remaining raspberries; cool. Makes about 1 cup.

5. To serve, carefully run a flexible knife around inside edge of ramekins to loosen panna cottas, then invert onto dessert plates; top with compote.

Approximate nutritional values per serving:

482 Calories, 23g Fat (14g Saturated), 71mg Cholesterol, 114mg Sodium, 67g Carbohydrates, 1g Fiber, 5g Protein