



PANNACOTTA KIN ABBATHU

from

Sweet Myrtle & Bitter Honey

The Mediterranean Flavors of Sardinia

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Pannacotta kin Abbathu *Custard with abbamele*

Serves 4

- 3 sheets gelatin (9 X 2 ½ -inch sheets)
- 1 cup whole milk
- 2 cups heavy cream
- ¼ cup abbamele, plus more for drizzling
- ¼ cup sugar
- Assorted seasonal berries, for serving

Place the gelatin sheets in a bowl and cover with cold water. Soak for 2 to 3 minutes, until softened. Drain and squeeze any excess water from the sheets.

In large saucepan over medium heat, combine the milk and heavy cream, stirring continuously. Add gelatin, ¼ cup of the abbamele, and sugar. Bring to a gentle boil. Stir mixture, making sure that the gelatin is well dissolved, and remove from heat.

Pour into small plastic molds or custard cups and cover with plastic wrap. Refrigerate overnight, or at least 8 hours.

Unmold onto individual serving plates. (If pannacotta does not unmold easily, use a knife to loosen the edges and dip the bottoms of the cups into warm water to loosen.) Drizzle each custard with abbamele and top with fresh berries.