

Ispahan Panna Cotta

<http://userealbutter.com/2008/06/20/ispahan-panna-cotta-recipe/>
adapted from [Creamy Rose Panna Cotta from Food & Wine](#)

1 cup cream
1 cup milk
1/2 vanilla bean, split
1/4 cup rose syrup
3 tbsps sugar
1 1/2 tsps gelatin
2 tbsps water
1/4 cup raspberries
5-6 lychees

rose syrup

1 cup water
1/2 cup sugar
2 tsps rose water
1 1/2 tbsps lemon juice
red food coloring (optional)

Rose Syrup: Boil water and sugar together for about 10 minutes. Remove from heat and let cool. Stir in the rose water and lemon juice. Set aside 1/4 cup for the panna cotta. Add a touch of red food coloring (optional) to the remaining syrup to create a light pink tint.

Panna Cotta: Combine the cream, milk, and vanilla bean in a saucepan and bring to boil. Remove from heat and cover for 5 minutes. Sprinkle the gelatin over the water and let sit for 5 minutes. Discard the vanilla bean. Stir the gelatin, sugar, and rose syrup into the cream mixture. Place a lychee and a few raspberries in each serving vessel. Pour cream mixture over the fruit until almost covered. Refrigerate panna cotta until firm. Before serving, pour a little rose syrup over the panna cotta.