

# Vegan Panna Cotta

BY ATSUKO IKEDA

Serves 6

50 g kuzu starch  
2 cups plus 2 Tbsp. unsweetened almond milk  
⅓ cup agave nectar  
Seeds scraped from ½ vanilla pod  
Pinch salt  
**For the blueberry sauce:**  
100 g (about 1 cup) blueberries  
1 tsp. freshly squeezed lemon juice  
2 Tbsp. agave nectar



## 1. Step 1

Combine the kuzu, almond milk, agave syrup, vanilla seeds, and salt in a saucepan. Place over medium heat and stir constantly until the kuzu has dissolved.

## Step 2

Reduce the heat to low and keep stirring constantly for 8–15 minutes. The more you cook, the thicker the texture will get. When the mixture has thickened to the texture of a finished pudding (a line drawn by your spoon in the bottom of the pot should not immediately fill in) turn the heat off. The panna cotta will set a bit more in the fridge, but if it's soupy, keep cooking over low heat.

## Step 3

Wet a rectangular plastic container with a bit of water and then pour the kuzu mixture in—the water helps to stop the panna cotta from sticking to the surface of the container.

## Step 4

Cover with wet plastic wrap, pressing the plastic to the surface of the panna cotta to prevent a skin from forming, and leave to cool. Once cool, refrigerate for at least 1 hour. It should be solid enough for you to cut into portions.

## Step 5

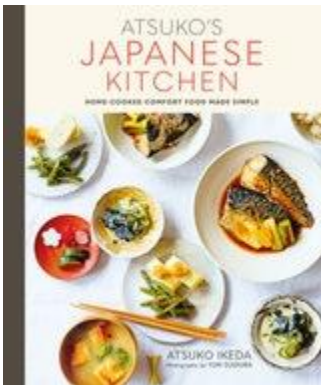
Meanwhile, to make the blueberry sauce, combine the blueberries, lemon juice and agave syrup in a saucepan. Cook over a low heat for 3–5 minutes until the blueberries have mostly broken down. Leave to cool, then refrigerate.

## Step 6

When the panna cotta is set, carefully remove the clingfilm/plastic wrap and place a chopping board on top of the container. Flip the container and chopping board together to drop the panna cotta onto the chopping board.

## Step 7

Wet a knife and cut the panna cotta into 6 squares. Serve in individual bowls drizzled with the chilled blueberry sauce.



From [Atsuko's Japanese Kitchen: Home-Cooked Comfort Food Made Simple](#) by Atsuko Ikeda, published by Ryland Peters & Small. Buy the full book from [Amazon](#) or [Ryland Peters & Small](#).