

Silky Egnog Panna Cotta with Spiced Rum Caramel: The Ultimate Make-Ahead Holiday Dessert

Egnog Panna Cotta with Spiced Rum Caramel



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5 min

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INGREDIENTS

For the Panna Cotta:

For the Spiced Rum Caramel:

Swaps and Notes:

Lighter Option: You can substitute up to half of the heavy cream with whole milk in the panna cotta base, but be aware it may affect the final texture's richness and firmness.

Alcohol-Free: To make this dessert family-friendly, substitute the spiced rum in the caramel with 1/2 teaspoon of rum extract mixed with an extra tablespoon of water or cream. The flavor will still be wonderful!

Spice Boost: If your eggnog is light on spice, add a pinch of freshly grated nutmeg and a dash of cinnamon to the saucepan along with the eggnog and cream.

Vegan Option: Gelatin can be replaced with Agar-Agar powder, following the package directions for liquid volume, but note the texture will be slightly firmer and less "jiggly."

Step-by-Step Instructions:

1. Prepare the Panna Cotta:

Bloom the Gelatin: Pour 1/4 cup of cold water into a small bowl. Sprinkle the 2 teaspoons of unflavored gelatin evenly over the top. Let it sit, undisturbed, for 5 minutes until it becomes spongy-this is "blooming."

Heat the Cream Base: In a medium saucepan, combine

the eggnog, heavy cream, and 1/3 cup of sugar. Heat over medium heat, stirring occasionally, until the sugar is completely dissolved and the mixture is hot, with steam rising. Do not boil.

Dissolve the Gelatin: Remove the saucepan from the heat. Stir the bloomed gelatin mixture into the hot cream base until it is completely dissolved and there are no visible granules. Stir in the vanilla extract.

Chill: Pour the mixture evenly into 4-6 ramekins or small glasses. Cover each with plastic wrap (ensure the plastic wrap doesn't touch the surface of the liquid) and refrigerate for 4-6 hours, or until fully set and firm to the touch.

2. Make the Spiced Rum Caramel:

Make Dry Caramel: In a small, heavy-bottomed saucepan, combine the 1/2 cup sugar and 1/4 cup water. Place over medium heat. Do not stir. Swirl the pan occasionally to encourage even cooking.

Watch for Color: The mixture will first become clear, then start to bubble and turn a light golden color. Continue to cook until it reaches a rich, deep amber color (about 8-10 minutes total). Remove from heat immediately.

Add Butter and Cream: Carefully add the 2 tablespoons of butter and whisk until melted. The caramel will bubble aggressively. Slowly pour in the 1/4 cup of heavy cream (use caution, as the mixture will steam violently). Whisk until smooth.

Add Rum: Stir in the 2 tablespoons of spiced rum. Let the caramel cool completely. It will thicken as it cools.

3. Assemble and Serve:

Unmold (Optional): To unmold, dip the bottom of each ramekin into a shallow bowl of hot water for about 10 seconds. Invert a small serving plate over the ramekin and quickly flip them together. The panna cotta should slide out. (If serving in glasses, skip this step).

Drizzle: Drizzle a generous amount of the Spiced Rum Caramel over the top of each panna cotta. Garnish with a sprinkle of fresh nutmeg or a small dollop of whipped cream, if desired. Serve chilled.

Tips for Success:

Temperature Matters: Ensure your heavy cream for the caramel is at room temperature. Adding cold cream to hot caramel can cause the caramel to seize and clump.

Panna Cotta Setting: If your panna cotta doesn't set, it likely means the gelatin wasn't fully dissolved, or the ratios were off. Make sure the gelatin is completely gone before chilling!

Non-Stick Pan: Use a non-stick saucepan for the panna cotta base, but avoid a non-stick pan for the caramel. The sugar is easier to caramelize and watch

for color changes in a stainless steel or light-colored pan.

Caramel Consistency: If your caramel is too thick once cooled, whisk in a tablespoon of warm water or rum until the desired drizzly consistency is reached.

Serving Suggestions and Pairings:

Beverage Pairings: A robust, dark coffee or an Espresso Martini is a classic pairing. For a slightly lighter, non-alcoholic counterpoint, consider a strong, cold-brewed black tea or a delicate white tea.

Appetizer Pairings: To balance the sweetness, start your meal with a savory snack. My recipe for [This Baked Kosher Salami Is My Favorite Easy Appetizer With Big Flavor](#) offers a salty, crunchy contrast.

Garnish: A sprinkle of coarse sea salt flakes on the caramel top can elevate the flavor tremendously, providing a salted caramel effect.

Nutritional Information (Per Serving - Estimated):

Storage and Leftover Tips:

Storage: The prepared panna cotta should be stored tightly covered with plastic wrap in the refrigerator for up to 4 days. Do not add the caramel until just before serving.

Caramel Storage: The Spiced Rum Caramel can be stored separately in an airtight container in the refrigerator for up to 1 week. It will solidify when cold; gently microwave it in 15-second intervals, stirring between each, until it is a warm, drizzly consistency again.

Freezing: Panna Cotta does not freeze well, as the texture changes completely upon thawing. Keep this one chilled!

DIRECTIONS

1. Prepare the Panna Cotta: Bloom the Gelatin: Pour 1/4 cup of cold water into a small bowl. Sprinkle the 2 teaspoons of unflavored gelatin evenly over the top. Let it sit, undisturbed, for 5 minutes until it becomes spongy-this is "blooming."
2. Heat the : Cream Base: In a medium saucepan, combine the eggnog, heavy cream, and 1/3 cup of sugar. Heat over medium heat, stirring occasionally, until the sugar is completely dissolved and the mixture is hot, with steam rising. Do not boil.
3. Dissolve the : Gelatin: Remove the saucepan from the heat. Stir the bloomed gelatin mixture into the hot cream base until it is completely dissolved and there are no visible granules. Stir in the vanilla extract.
4. Chill: Pour the mixture evenly into 4-6 ramekins or small glasses. Cover each with plastic wrap (ensure the plastic wrap doesn't touch the surface of the liquid) and refrigerate for 4-6 hours, or until fully set and firm to the touch.
5. Make the Spiced Rum Caramel: Make Dry Caramel: In a small, heavy-bottomed saucepan, combine the 1/2 cup sugar and 1/4 cup water. Place over medium heat. Do not stir. Swirl the pan occasionally to encourage even cooking.
6. Watch for : Color: The mixture will first become clear, then start to bubble and turn a light golden color. Continue to cook until it reaches a rich, deep amber color (about 8-10 minutes total). Remove from heat immediately.
7. Add : Butter and Cream: Carefully add the 2 tablespoons of butter and whisk until melted. The caramel will bubble aggressively. Slowly pour in the

1/4 cup of heavy cream (use caution, as the mixture will steam violently). Whisk until smooth.

8. **Add : Rum:** Stir in the 2 tablespoons of spiced rum. Let the caramel cool completely. It will thicken as it cools.
9. **Assemble and Serve: Unmold (Optional):** To unmold, dip the bottom of each ramekin into a shallow bowl of hot water for about 10 seconds. Invert a small serving plate over the ramekin and quickly flip them together. The panna cotta should slide out. (If serving in glasses, skip this step).
10. **Drizzle:** Drizzle a generous amount of the Spiced Rum Caramel over the top of each panna cotta. Garnish with a sprinkle of fresh nutmeg or a small dollop of whipped cream, if desired. Serve chilled.
11. **Tips for Success: Temperature Matters:** Ensure your heavy cream for the caramel is at room temperature. Adding cold cream to hot caramel can cause the caramel to seize and clump.
12. **Panna : Cotta Setting:** If your panna cotta doesn't set, it likely means the gelatin wasn't fully dissolved, or the ratios were off. Make sure the gelatin is completely gone before chilling!
13. **Non-: Stick Pan:** Use a non-stick saucepan for the panna cotta base, but avoid a non-stick pan for the caramel. The sugar is easier to caramelize and watch for color changes in a stainless steel or light-colored pan.
14. **Caramel : Consistency:** If your caramel is too thick once cooled, whisk in a tablespoon of warm water or rum until the desired drizzly consistency is reached.
15. **Serving Suggestions and Pairings:** This dessert is rich and complex, so it pairs best with a balanced beverage or a lighter treat.
16. **Beverage : Pairings:** A robust, dark coffee or an Espresso Martini is a classic pairing. For a slightly lighter, non-alcoholic counterpoint, consider a strong, cold-brewed black tea or a delicate white tea.
17. **Appetizer : Pairings:** To balance the sweetness, start your meal with a savory snack. My recipe for This Baked Kosher Salami Is My Favorite Easy Appetizer With Big Flavor offers a salty, crunchy contrast.
18. **Garnish:** A sprinkle of coarse sea salt flakes on the caramel top can elevate the flavor tremendously, providing a salted caramel effect.
19. **Nutritional Information (Per Serving - Estimated):**
Disclaimer: This is an estimated nutritional breakdown based on the ingredients provided and is intended for informational purposes only. Actual values may vary based on specific brands and serving sizes.
20. **Export to :** Sheets
21. **Storage and Leftover Tips:** This dessert is a dream for leftovers-if you have any!
22. **Storage:** The prepared panna cotta should be stored tightly covered with plastic wrap in the refrigerator for up to 4 days. Do not add the caramel until just before serving.
23. **Caramel : Storage:** The Spiced Rum Caramel can be stored separately in an airtight container in the refrigerator for up to 1 week. It will solidify when

cold; gently microwave it in 15-second intervals, stirring between each, until it is a warm, drizzly consistency again.

24. Freezing: Panna Cotta does not freeze well, as the texture changes completely upon thawing. Keep this one chilled!
25. More Recipes You Will Love: If you enjoyed this dessert, try a few more of my favorites that share that same "easy-to-make, hard-to-stop-eating" quality:

SWAPS & NOTES

Eggnog 2 cups Use a high-quality, full-fat eggnog for the best texture.

Heavy Cream 1 cup For extra richness.

Granulated Sugar 1/3 cup Adjust based on the sweetness of your eggnog.

Unflavored Gelatin 2 tsp Typically one packet.

TIPS FOR SUCCESS

Temperature Matters: Ensure your heavy cream for the caramel is at room temperature .

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Panna Cotta Setting: If your panna cotta doesn't set, it likely means the gelatin wasn't fully dissolved, or the ratios were off.

Make sure the gelatin is completely gone before chilling!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/silky-eggnog-panna-cotta-with-spiced-rum-caramel-the-ultimate-make-ahead-holiday-dessert/>