

LEMON POSSET



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500 ml fresh cream

170 g castor sugar

60 ml fresh lemon juice

finely grated zest from 1 small lemon

Pour the cream, castor sugar and lemon zest into pot and bring to boiling point while stirring. Simmer for 5 minutes. Add the lemon juice, stir through and simmer another minute.

Take off the heat and allow to cool down a bit. Pour into heat proof ramekins or pretty cups. You can cool it down a bit more and then pour into martini glasses. Put into fridge overnight or until completely cold. Serve garnished with fresh berries of choice, mint leaves and shortbread.

This is a traditional British dessert which I only discovered while in Cornwall UK.

* depending on the size of your portion, this would make two generous or 4 small portions. It's a very rich dessert so small portions are perfect. The bowl in my photo is a large portion which two can share... think Valentine's Day ☐

Recipe and photo: Elsie Templeton