

Lemon Posset

AUGUST

VERY EASY TO MAKE

A very simple, tasty and seasonal dessert.

I acquired this recipe some years ago from a dear friend and it is most definitely the best Lemon Posset I have tasted.

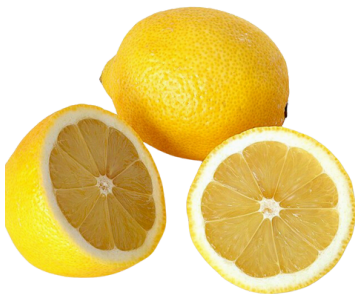
If you like a zingy dessert, then you will love this!



Serves: 6

Cooking: 45 mins

Setting: 3 hours (minimum)



Ingredients

- 600ml Double Cream
- 140g Caster Sugar (golden if possible but white its OK too)
- Zest and Juice of 2 Lemons
- Raspberries or Summer fruit of your choice to decorate
- Sprig of Mint or curl of Chocolate if you wish

Method

Warm together the cream and sugar slowly in a pan to dissolve the sugar, then bring up to the boil.

Boil for 3 minutes exactly, remove from heat and allow to cool.

Add the Zest and Juice of both lemons once the mixture has cooled to room temperature and whisk well with a balloon whisk.

Pour into 6 glasses or small dishes and leave set in the fridge for a minimum of 3 hours.

Decorate with summer fruits and a sprig of mint if you have it to hand.

Serve with a shortbread biscuit.

Aud's Tip

This is a luxurious dessert and quite rich and creamy, so you may find that you can divide it between 7 glasses, but if this is too much quantity then simply half the recipe and make 4, but don't reduce the boiling time, the cream mixture still needs to boil for 3 minutes.

