Recipe For Health | **FEBRUARY 2018**

LEMON POSSET

Posset is an English dessert served chilled. Its texture is akin to mousse but the ingredient list is short and sweet—nothing more than sugar, cream, and lemon. The result of careful cooking, waiting, and straining is a light dessert with big flavor.

by Corporate Chef Kurt Kwiatkowski

Featured Food: Lemon

Yield: Serves 6

Ingredients

- 2 ¼ c. heavy whipping cream
- ¾ c. sugar
- 6 T. lemon juice
- Zest of 2 lemons

Preparation

Stir sugar into the cream in a medium saucepan. Lightly warm for 5-7 minutes on low heat. Bring cream to a simmer and let reduce down to 2¼ c. of liquid. Measure periodically to be sure the mixture is adequately reduced.

Remove from heat and stir in lemon juice and zest. Let stand for 20-25 minutes.

Strain liquid through a fine-mesh strainer or chinois. Discard zest and clumps that accumulate in strainer. Pour into 6 ramekins or small glass cups. Refrigerate uncovered. The posset should set up in about 3 hours. Serve plain or garnished with fresh lemon zest or berries. If serving later, cover with plastic wrap and refrigerate for up to 2 days.