



Make lemon posset

What you need

- 600ml **double cream**
- 200g golden caster sugar
- Three lemons (zest and 75ml of the juice)



TOP TIP

To add colour, top the possets with fresh fruit such as raspberries or strawberries, or try sprigs of mint.

This zesty pudding is quick and easy to make but it's a treat to eat. Posset is a traditional style of dessert that's been around for hundreds of years – it's even mentioned in some Shakespeare plays. The recipe has changed over time, though. Originally it was more like a drink, made from curdled milk with sugar and ale or wine. It was often used for medicinal purposes, to cure colds or fevers. Lemon posset is refreshing and the perfect pudding to have after a barbecue or a picnic on a hot summer's day. This recipe makes enough for six people.

WARNING!

Ask a grown-up to help with pouring the hot liquid into the glasses or bowls.

Instructions

- 1 Zest all three lemons. This means scraping off and keeping the outer yellow layer, which has the flavour, not the white pith underneath. Use a zester or the smallest holes on a cheese grater.
- 2 Cut the lemons in half and squeeze out the juice. Remove any pips and measure the 75ml you need. Set aside.
- 3 Put all the cream in a saucepan with the sugar and heat it gently, stirring constantly until the sugar has melted. Bring it to simmer, letting it bubble for one minute.
- 4 Turn off the heat and add the lemon zest and juice, stirring so it is mixed in.



- 5 Divide the mixture equally between small glasses, bowls or pots. Cover and let it cool to room temperature before you put it in the fridge to chill for at least three hours.

- 6 Serve cold with some biscuits – crumbly shortbread goes well with this.



ROYAL CURE

Records show that doctors prescribed a posset for King Charles I in the 1620s.



Lemon posset is easy to make.



Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy

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SCAN ME