

# Lemon Posset with Berries



## **Eddie's Note:**

Lemon posset is a silky, rich British dessert with bright citrus flavor that I discovered on America's Test Kitchen. I made this for our holiday party and it was a major hit, with several folks asking for the recipe. I used smaller

ramekins to make it go farther, and being relatively rich, we found the smaller quantities were just the right amount for dessert. This is a very easy dessert with only 4 ingredients and will get rave reviews. I suggest you try it out!

## Ingredients

- 2 cups heavy cream
- $\frac{2}{3}$  cup (4  $\frac{2}{3}$  ounces) granulated sugar
- 1 tablespoon grated lemon zest plus 6 tablespoons juice (2 lemons)
- 1  $\frac{1}{2}$  cups blueberries or raspberries

This dessert requires portioning into individual servings. Reducing the cream mixture to exactly 2 cups creates the best consistency. Transfer the liquid to a 2-cup heatproof liquid measuring cup once or twice during boiling to monitor the amount. Do not leave the cream unattended, as it can boil over easily.

## Directions

1. Combine cream, sugar, and lemon zest in medium saucepan and bring to boil over medium heat. Continue to boil, stirring frequently to dissolve sugar. If mixture begins to boil over, briefly remove from heat. Cook until mixture is reduced to 2 cups, 8 to 12 minutes.
2. Remove saucepan from heat and stir in lemon juice. Let sit until mixture is cooled slightly and skin forms on top, about 20 minutes. Strain through fine-mesh strainer into bowl; discard zest. Divide mixture evenly among 6 individual ramekins or serving glasses.
3. Refrigerate, uncovered, until set, at least 3 hours. Once chilled, possets can be wrapped in plastic wrap and refrigerated for up to 2 days. Unwrap and let sit at room temperature for 10 minutes before serving. Garnish with berries and serve.