

# Lemon Posset with Berries

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Lemon posset is a silky, rich British dessert with bright citrus flavor. We found that using just the right proportions of sugar and lemon juice was the key to custard with a smooth, luxurious consistency and a bright enough flavor to balance the richness of the cream. Lemon zest was essential to



## WHY THIS RECIPE WORKS

making the lemon flavor even more prominent. For a posset with an optimally dense, firm set, we reduced the cream-sugar mixture to 2 cups to evaporate some of the water before adding the lemon juice, which in turn caused the mixture to solidify. Letting the warm mixture rest for 20 minutes before straining and portioning allowed the flavors to meld even more and ensured a silky-smooth consistency. Pairing the dessert with fresh berries for textural contrast helps keep it from feeling overly rich.

## 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 cups blueberries or  $\frac{1}{2}$  raspberries**

## INSTRUCTIONS

*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.*

## SERVES 6

- 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.