

Lemon Posset Recipe

Yield: 8 servings **Prep Time:** 10 mins **Cook Time:** 10 mins **Chill Time:** 4 hrs

Ingredients

- 3 cups (720 ml) heavy cream
- 1 cup (200 g) granulated sugar
- $\frac{3}{4}$ cup (180 ml) freshly squeezed lemon juice (*about 4–5 lemons*)
- 1 tbsp finely grated lemon zest (*optional*)

Instructions

1. Prepare the lemon halves: Wash lemons well, dry, and cut them in half lengthwise then scoop out the insides to create natural serving cups. Place the pulp in a fine mesh strainer and use either a spatula or your hands to get all the juice out. Discard the pulp & seeds. You can save any unused lemon juice in the refrigerator for 4-5 days or freeze for up to 6 months.

2. In a medium saucepan, combine heavy cream and sugar. Bring to a gentle boil over medium heat, stirring occasionally. Boil for 3 minutes—watch carefully to avoid overflow.

3. Remove from heat. Stir in lemon juice and zest (*if using*). The mixture will thicken slightly.

4. Strain through a fine mesh strainer into a pitcher to remove any solids.

5. Pour the posset mixture evenly into 8 lemon halves. (*Tip: Place them in a mu in tin to keep them upright while chilling.*) Chill for at least 4 hours, or overnight, until fully set.

If you have any mix left after filling the lemons, you can put it into ramekins

6. Serve chilled. Garnish with fresh berries, mint sprigs, or a sprinkle of lemon zest...get creative with it!

Tips

- Don't substitute milk—**only heavy cream** will set properly.
- For an elegant presentation, serve in teacups or glass ramekins if not using lemon halves.