



Peaches and Cream Literally

Savannah · 28/09/2024



Prep Time

3 hrs 15 mins

Difficult

Medium

Servings

3 hrs 40 mins

Description

Peaches and cream is a classic combination and this dessert recipe is so simple to make Fresh peaches are lightly sweetened and simmered with water then mixed with cold heavy cream and chilled Just remember to make this ahead of time for the peachiest results

Ingredients

- - 4 medium fresh peaches
- or as needed - ? cup white sugar
- or to taste - $\frac{1}{4}$ cup water - $1 \frac{1}{2}$ cups heavy cream

Instructions

1. Cut each peach in half along the crease
2. twist open
3. and remove the pit. Peel and slice. Cut slices in half to get roughly 2 cups of sliced peaches. Bring sugar and water to a boil in a saucepan over medium-high heat. Boil until a syrup forms
4. about 3 minutes. Stir in peaches until coated. Bring syrup back to a light simmer
5. about 1 minute. Immediately remove from the heat and pour mixture into a bowl to cool
6. 15 to 20 minutes. Use a slotted spoon to transfer peaches to a large bowl. Discard simple syrup or reserve for another use. Pour in heavy cream and stir to combine. Divide mixture between six serving glasses or bowls
7. cover with plastic wrap
8. and refrigerate until completely chilled and cream has absorbed all the peach flavor
9. at least 3 hours. Chef John Chef's Notes If your peaches are very sweet
10. you can skip the simple syrup step (step 2). My attempt at a cooked-cream version didn't turn out as well as the classic but feel free to try it anyway. After Step 2
11. simmer heavy cream with 1/4 cup white sugar in a small pot until slightly thickened
12. about 3 minutes. Remove from heat and stir in 2 teaspoons lemon juice
13. then let cool slightly. Transfer peaches into serving glasses using a slotted spoon
14. then pour warm cream mixture on top. Cover the glasses with plastic wrap and refrigerate until completely chilled. Pour leftover peach syrup into a saucepan and simmer until reduced by about half
15. 3 to 5 minutes. Let cool briefly before spooning onto each serving. Editor's Note: Nutrition data for this recipe includes the full amount of simple syrup. The actual amount consumed will vary.