

Lemon Syllabub

Jacob · 28/09/2024

**Prep Time**

45 mins

Difficult

Medium

Servings

6

Description

A syllabub is a deliciously light creamy sophisticated little dessert from days gone by I first tasted it at a supper given by a lecturer in seventeenthcentury literature when I was in college and it took my taste buds right back to the Restoration It can be prepared as either a parfait or a punch but as it contains alcohol you may not want to serve this to younger family members Eat it with a small spoon and savor it

Ingredients

- - 1 cup heavy whipping cream
- chilled - ½ cup white sugar - ¼ cup white wine - 2 tablespoons fresh lemon juice - 1 teaspoon grated lemon zest - ¼ teaspoon ground nutmeg (or to taste) - 6 thin slices lemon - 6 sprigs fresh mint

Instructions

1. Beat cream and sugar in a chilled glass or metal bowl with an electric mixer until mixture begins to thicken. Gradually beat in wine
2. lemon juice
3. and lemon zest; continue to beat until light
4. fluffy
5. and no longer grainy. Cover and chill for at least 30 minutes. When ready to serve
6. spoon into six chilled parfait glasses. Garnish each with a lemon slice and mint sprig. Syllabub Punch:
Instead of covering and chilling in Step 1
7. continue to add white wine to the whipped mixture
8. until it reaches a drinking consistency.