

LEMON BLUEBERRY POSSET
submitted by Linda Perkins

Posset is a super old-timey dessert (think Renaissance times). It used to be drunk but if you cook it a little longer it turns into a creamy eggless delicious custard.

Makes 8 individual smallish servings

3 cups heavy cream
1 cup granulated sugar
zest of 2 or 3 lemons
9 Tablespoons fresh lemon juice
2 1/2 cups fresh blueberries
Blueberry compote *optional

Combine sugar, cream and zest in a medium large saucepan. Bring to boil over medium heat and continue to cook about 12 minutes, stirring frequently. If the cream bubbles up and threatens to boil over, briefly remove the pot from the burner and stir it down. Don't walk away from it while it's cooking.

Remove saucepan from heat and stir in lemon juice. Let cool in pan for about 20 minutes. Strain through a fine mesh strainer into a bowl to remove zest. Use a spatula to press it through. You can now chill this in individual ramekins or a shallow dish. Let chill in the refrigerator at least 3 hours (it would be much longer if you left the posset in a bowl).

Serve with blueberries and a little optional blueberry compote on top. A little whipped cream is also good, or a little sifting of powdered sugar.

Note: If I make this with 1 cup cream I cook the mixture 8 minutes. If I make it with 2 cups cream I cook it 10 minutes.