

Lemon Posset: The Easiest Gourmet Dessert You'll Ever Make

Lemon Posset: A Luscious, Creamy Citrus Dream ??



TIME
15 min

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INGREDIENTS

2 cups heavy cream
¾ cup granulated sugar
Zest of 2 lemons
¾ cup freshly squeezed lemon juice (about 3-4 lemons)
Fresh berries (optional, for topping)
Mint leaves (optional, for garnish)

DIRECTIONS

- 1.** Heat the Cream and Sugar: In a medium saucepan, combine 2 cups of heavy cream and ¾ cup sugar. Stir over medium heat until the sugar is completely dissolved.
- 2.** Bring the mixture to a gentle simmer, but do not boil. Once it starts to bubble slightly around the edges, continue simmering for 3 minutes.
- 3.** Add Lemon Zest and Juice: Remove the saucepan from heat. Stir in the lemon zest and ¾ cup lemon juice, mixing thoroughly. The acid from the lemon will react with the cream to create a natural set.
- 4.** Cool and Pour: Let the mixture cool for 10 minutes, then pour into ramekins, dessert glasses, or small bowls. You can also strain out the zest for a smoother finish if preferred.
- 5.** Chill: Cover each dish with plastic wrap and place in the refrigerator. Chill for at least 4 hours, or overnight, until fully set.
- 6.** Garnish and Serve: Top with fresh berries and a sprig of mint just before serving. Serve chilled and enjoy each creamy, citrus-kissed spoonful.

TIPS FOR SUCCESS

Don't boil the cream : A gentle simmer is all you need.

Strain if needed : For extra-smooth posset, strain the mixture before chilling.

Make ahead : Posset holds beautifully in the fridge for 2-3 days-great for prepping in advance.

