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Lemon Posset with Berry Compote



Ingredients

600ml double cream
160g golden caster sugar
3 lemons
100g raspberries
100g blueberries
100g redcurrants
2 tablespoons of light brown sugar
A few drops of vanilla extract

Preparation

- 1 To make the posset, pour the cream into a small saucepan, add the caster sugar, stir and heat gently. Simmer for about 3 minutes, continuing to stir, then turn off the heat. Squeeze the juice from 2 of the lemons and stir in until thoroughly mixed together. Leave for about 10 minutes to cool down, stirring occasionally, and then spoon carefully into the glasses until they are two thirds full. Place them in the fridge to chill until set.
- 2 To make the berry compote, remove the redcurrants from the stalks and place in a saucepan with the raspberries and the blueberries. Add the light brown sugar, 2 teaspoons of juice from the remaining lemon and a few drops of vanilla extract. Heat gently until simmering then cook gently for about 5 minutes, stirring occasionally
- 3 try to keep the blueberries and the redcurrants whole if you can. Tip the compote into a dish to cool then place it in the fridge to chill.
- 4 Once chilled, simply spoon the compote on top of the set lemon posset in the glasses. Leave them to chill in the fridge until ready to serve.

Cooks Note

The sharp taste of the lemon and the juicy berries in the compote provide a perfect contrast to the creamy sweetness in the posset, and the colour contrast makes this a visually appealing dessert too.

A posset is very rich dessert, so serving small portions is a good idea. I filled 12 little shot glasses, just the right size for parties, or this recipe would make 8 individual desserts. Try

serving them with homemade shortbread biscuits.
