

# CULINARY DISCOVERY PAVILION

Sponsored by

**MidwestLiving**  
A DOTDASH MEREDITH BRAND

## LEMON POSSET

**Recipe by:** Midwest Living

**Country:** United Kingdom

### INGREDIENTS

- 3 lemons
- 3 cups heavy cream
- $\frac{3}{4}$  cup sugar
- Fresh blueberries
- Lemon peel strips

### INSTRUCTIONS

1. Zest and juice lemons. Set juice (about  $\frac{1}{2}$  cup plus 1 TBSP) aside. In a 5-quart pot, bring cream, sugar and the lemon zest to a boil over medium-high, stirring to dissolve sugar. Boil, uncovered, 8 minutes or until slightly thickened, stirring constantly and adjusting heat to avoid boiling over.
2. Remove from heat; whisk in the lemon juice. Cool 20 minutes. Strain through a sieve into a 4-cup glass measure. Divide evenly among six glasses or ramekins. Cover and chill at least 3 hours or up to 24 hours before serving, garnished with berries and a wide strip of lemon peel.

**WORLD FOOD &  
MUSIC FESTIVAL**

Presented by  
**Veridian.**  
CREDIT UNION

Produced by

**dm**  
GREATER DES MOINES  
PARTNERSHIP