



Lemon Syllabub

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 seventeenth-century 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!

Submitted by **SARAH-NEKO** |

Prep Time: 15 mins

Additional Time: 30 mins

Total Time: 45 mins

Servings: 6

Yield: 6 parfaits

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

Directions

Step 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, lemon juice, and lemon zest; continue to beat until light, fluffy, and no longer grainy. Cover and chill for at least 30 minutes.

Step 2

When ready to serve, 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, continue to add white wine to the whipped mixture, until it reaches a drinking consistency.

Nutrition Facts

Per serving: 223 calories; total carbohydrate 25g; dietary fiber 3g; total sugars 17g; protein 2g; total fat 15g; saturated fat 9g; cholesterol 54mg; vitamin c 47mg; sodium 17mg; calcium 63mg; iron 1mg; potassium 127mg