

Syllabub

¼ pint White wine
2 tbsp. Lemon juice
2 tsp Lemon zest

3 oz. sugar -
½ pint Double cream or heavy cream

Mix wine, lemon juice, zest and sugar into a bowl. Let sit 3 hours. Add the cream and whip until firm. Transfer to 6 wine or sundae glasses and decorate with lemon zest. Chill for several hours before serving.

Sideboard: This English recipe is rumored have been one of Elizabeth I favorites. Popular theory attributes this he English dairy maids who would direct the warm milk straight from the cow into a pail containing sherry or cider. The froth was then skimmed off and served for breakfast.

Serves: 6