

## *Syllabub*

Syllabub was the most popular drink in the 17<sup>th</sup> and 18<sup>th</sup> centuries. They even had special glasses to serve it in. Samuel Pepys mentioned syllabub several times in his diary. This would be very refreshing summer dessert, as it has the consistency of whipped cream more than that of a liquid drink.

### Ingredients

1 1/4 pint (590ml) heavy cream (or double cream)

1/4 pint (120ml) of a medium sweet wine (white port, sherry, etc.)

The Juice of 1 orange

The Zest of 1 large lemon (or 2 small)

1/2 pound (227g) powdered sugar

1 tsp orange blossom water

Mix the cream and sugar together in a large bowl until sugar is dissolved. Whisk in the remaining ingredients. Whisk either by hand for 30 minutes or with an electric mixer until you form stiff peaks. Serve or refrigerate for up to 3 days.