

## *Syllabub Recipe*



Syllabub (don't you love that name?) was an alcoholic drink popular during the Regency and served often at balls and other events. Though this recipe is from December 1860 (Peterson's Magazine), it's virtually the same as Regency recipes, though I include a non-alcoholic version.

Jane Austen was fond of syllabub. Recipes collected by the Austen's friend and cook, Martha Lloyd, included one saying to top a trifle with syllabub. The drink is creamy and frothy and well-suited for a holiday table.

It was called "9-Day Syllabub" as it could sit for nine days without refrigeration. I read somewhere that if you substitute cider for the wine, it will not last as long and will "turn" after 3 days. I think, however, that if you refrigerate it, it will last as long as cider usually lasts.

Surprisingly simple to make, use a hand-held food grater and just grate the yellow rind with the finest grating section. It takes only a few minutes to whip up.

The recipe is on page two so you it can be printed out separately.



## SYLLABUB

4 servings

### Ingredients

1/2 pint light cream (1 cup)

½ cup caster sugar (regular granulated sugar)

Rind of 1 lemon, diced fine

Juice of 1 lemon (pulp is okay but remove the pits)

½ cup white wine (or use apple cider)

*Tip: For a holiday taste, add ½ tsp grated nutmeg to the mix and then sprinkle more on top before serving.*

### Directions

Beat cream to a froth, then add sugar and blend well.

Add lemon rind and lemon juice. It should begin to thicken.

Add wine and beat well.

### To serve

Pour into tall glasses or fluted ones if you have them.

Let sit for at least 5 hours in a cool place. [Modern recipes say enjoy immediately, so it's your call!] If you wait the 5 hours, layers will form. [Thus, tall, fluted glasses were traditionally used to serve it. When you wait for it to separate, the cream rises to the top, the whey stays below.] Decorate, if you like, with a mint leaf. Spoon the custard off the top and drink the sweet whey left behind. Enjoy!

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