

Syllabub

Makes 4 servings

Ingredients:

- 2 cups milk or cream
- 2 tablespoons sugar
- 1/2 teaspoon nutmeg
- 1/2 cup apple cider
- Lemon zest and rosemary sprigs for garnish



Directions

1. Pour milk or cream into a microwave-safe bowl.
2. Microwave in 30-second intervals, stirring between each, until warm but not boiling.
3. Stir in sugar and nutmeg until dissolved.
4. Gently mix in apple cider.
5. Froth lightly with a whisk or hand mixer.
6. Garnish with lemon zest and rosemary sprigs. Serve warm.

Fun Food Fact

George Washington enjoyed syllabub as a refreshing treat, often made using fresh cream from the dairy at Mount Vernon and cider pressed from apples grown right on his estate.