

Recipe 1492

Ingredients

To every pint of cream allow 3 oz. of pounded sugar, 1 glass of sherry or any kind of sweet white wine, the rind of 1/2 lemon, the white of 1 egg. [Illustration: PASTRY LEAF.]

Method

Rub the sugar on the lemon-rind, and pound it in a mortar until quite fine, and beat up the white of the egg until quite stiff; put the cream into a large bowl, with the sugar, wine, and beaten egg, and whip it to a froth; as fast as the froth rises, take it off with a skimmer, and put it on a sieve to drain, in a cool place. This should be made the day before it is wanted, as the whip is then so much firmer. The cream should be whipped in a cool place, and in summer, over ice, if it is obtainable. A plain whipped cream may be served on a glass dish, and garnished with strips of angelica, or pastry leaves, or pieces of bright-coloured jelly: it makes a very pretty addition to the supper-table.

Source: Mrs Beeton's Book of Household Management (1861)

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