



## RORY O'CONNELL'S RECIPE

# Syllabub

Simple and quite delicious.

### INGREDIENTS

1 lemon  
8 tablespoons sweet or dessert wine  
(ie Muscat de Beaumes de Venice)  
2 tablespoons brandy  
50g sugar  
300ml cream  
Freshly grated nutmeg

**Serves 6 - 8**

### METHOD

The day before you plan to make and serve the syllabub, pare very thin strips off the rind of the lemon and add to the wine and brandy. Allow to steep and infuse overnight.

Next day, strain the infused wine into a large bowl, discarding the lemon strips, and add the sugar. Stir until the sugar is dissolved.

Pour in the cream and whip to achieve soft peaks. Divide between pretty little glasses and grate a little nutmeg over each serving.

Serve with a plain crisp biscuit.

*Prepared & served by chef Rory O'Connell, co-founder of the Ballymaloe Cookery School with Elisabeth Kamphuis on March 15th 2019 in Splendor, at St. Patrick's Festival Amsterdam, the annual Festival of Irish culture.*