

**Aaron Meneghelli, Executive Chef of Luxury Estates E & J Gallo  
Louis M. Martini Winery | J. Vineyards & Winery**

## **Lemon Posset**

Serves 6 to 8 guests

1qt heavy cream

240g (1.2 cups) granulated sugar

1 vanilla bean, cut open

1T fennel seeds, lightly toasted

1 pinch of kosher salt

Juice of 4 lemons

Keeping the lemon juice separate, add all other ingredients into a sauce pot and place on med/high heat. Be sure to stir frequently to ensure the sugar does not stick to the bottom of the pan. Allow this to come to a boil. As soon as you have reached a boil, remove from heat and begin to whisk in the lemon juice. Once incorporated, strain the seasoned cream through a fine mesh strainer into a pitcher. Pour around 4 to 6 ounces into your desired vessel (a small bowl is idea) and move to a refrigerator to allow to set. This can be ready to be served in 2 hours.

Garnishes for this can go in many directions with fruits like citrus and or tropical flavors very well, or you can treat this like a sweet yogurt parfait and build with granola and berries. Today we will use stone fruits and fennel, offering a flavor lean from the sweet aspects of the dish and bringing a refreshing and slightly savory flavor. I hope you enjoy making this!!