

Lemon Pots de Creme

After cleaning out the butler's pantry, I was inspired to use one of the many sets of pots de creme that I have collected.



Pot de crème, plural pots de crème, (pronounced “poe da krem”) is a loose French dessert custard dating to the 17th century. The name means “pot of custard” or “pot of cream”, which also refers to the porcelain cups in which the dessert is served.

The place of origin is France and the main ingredients are eggs, cream, milk, vanilla, chocolate or other flavors.



I was hankering for something lemony so I picked fresh lemons from the orchard.

After searching the internet and finding most recipes with heavy cream, I stumbled upon one from [Epicurious](#) using 2% milk. I love heavy cream, but my hips don't.



This particular vintage set of pots de creme was made in Japan by JSC in the 1970s. There are 6 white porcelain pots with gold trim and a tiny gold acorn on the lid. It also came with its own tray. You can find different kinds of pots de creme on [eBay](#) at varying price points.



The custard was very easy to make. I poured the hot custard into the pots and then refrigerated the set. Even though the recipe makes 8, I was able to fully fill these 6 pots. Some recipes call for baking in a hot water bath in the oven, which was more labor intensive. I wanted a quick, easy, light dessert and this one was the most simple.



After the custard cooled down and chilled, I added a fresh blackberry, some lemon zest and a sprig of mint. A dollop of whipped cream would be delicious too.



This light, refreshing lemon custard felt especially elegant

in the pretty pots de creme.

Here is the Recipe for Lemon Pots De Creme from Epicurious.

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Now we wait for my friend, Sam to send me the calorie count!

Enjoy!

Mary