

CONSTITUTION DAY – WHIPPED SYLLABUB

TOOLS

Measuring cups
Large mixing bowl
Wire whisk or eggbeater
Sharp knife
Cutting board
Fruit juicer
Small mixing bowl
Mixing spoon
6 glasses

DRY INGREDIENTS

2 cups heavy whipping cream
2 lemons
1 orange
½ cup sugar
¼ cup sparkling white grape juice

DIRECTIONS *(Makes 6 servings)*

1. Measure the whipping cream into the large mixing bowl and beat it with the wire whisk or eggbeater until it is thick. Set the bowl aside.
2. Cut the lemons and orange in half.
3. Set the juicer over the small mixing bowl so the edges fit tightly.
4. Squeeze the juice out of the lemons and orange by turning them back and forth on the juicer while you push down.
5. Add the sugar and grape juice to the lemon and orange juice. Stir until blended.
6. Pour the juice mixture into the whipped cream. Stir just enough to blend the juices and cream. The syllabub should be thick and frothy. Serve it in individual glasses.