

NOTE: For Adults only (18yrs+)

(Sack Possett)

(Unknown, 1680)

(DDHI/58/1/2)

“Take nine eggs, take out fower (four) (egg) whites, beat them well,

One Nutmeg, halfe a pound of sugar, a Gill (5 fluid oz, or 142 ml) of Sherry, set them upon the coals, whilst it be almost att boyling (bring it almost to boiling point).

Somwhat more than a quart (2 pints) of cream boyled with some whole Cinnamon then take out the Cinnamon & put ye cream boyling hot upon ye eggs & sack (sherry mixture), let it stand a while upon ye coals till it be prettie well hardned without stirring.

Recommended adaptation:

3 eggs, beat well

2 tsp ground nutmeg

¼ lb of sugar

5 fluid oz / 142 ml sherry

1. Mix well and bring almost to the boil.

1 pint of milk (instead of cream)

1 tsp ground cinnamon

2. Put the milk and cinnamon in a separate pan and bring to the boil.

3. Add the milk and cinnamon to the sherry mixture and allow to simmer for 5 minutes.

4. Place a sieve in a mixing bowl/large jug and pour the mixture, to strain the curdled sediment from the liquid.

5. Serve hot in a mug.