Lemon Yogurt Jelly Cups with Peaches

4 small dessert cups in 1-cup (240 ml) containers · Active 20 min · Total 4 hr 40 min

Skills: Confident beginner

Ingredients

- 1/4 cup cold water (60 ml)
- 2 teaspoons powdered unflavored gelatin (6 g)
- 1/2 cup whole milk (120 ml)
- 1/4 cup superfine sugar (50 g)
- 1 1/4 cups plain full-fat yogurt (300 g)
- 2 tablespoons lemon juice (30 ml)
- 1 teaspoon finely grated lemon zest (2 g)
- 2 small ripe peaches, pitted and thinly sliced (200 g prepared weight)

Set out

Small saucepan, Two mixing bowls, Whisk, Four 1-cup (240 ml) cups or leakproof jars

Allergens

Milk; gelatin is animal-derived. Check labels and substitutions.

Make it

1. Pour the cold water into a small bowl. Sprinkle the gelatin evenly over the surface and leave for 5 minutes to bloom. Put the yogurt in the mixing bowl while preparing the milk; do not leave it out for more than 20 minutes.

2. Heat the milk and sugar in the saucepan over low heat, stirring until the sugar dissolves and the milk is hot but not boiling. Remove from the heat. Add the bloomed gelatin and its water and stir until fully dissolved, with no visible grains.

3. Whisk a few spoonfuls of the warm milk mixture into the yogurt, then gradually whisk in the remainder. Stir in the lemon juice and zest.

4. Divide between four 1-cup (240 ml) cups or jars, leaving headroom. Cover and refrigerate promptly for at least 4 hours, until softly set and thoroughly cold.

5. Divide the peach slices over the chilled cups shortly before serving or packing. Keep at 40°F/4°C or below until eating.

Keep a dessert spoon with the cup

A chilled spoon dessert needs a spoon and a cold place to wait. Pack both deliberately rather than hoping the break room has the right utensil.

Timing

Includes at least 4 hours in the refrigerator. Chill longer if the cups are not set and at 40°F/4°C or below; keep them cold through transport.

A useful detail

The total includes at least 4 hours of chilling. Gelatin strength and refrigerator temperature vary; allow longer if the center has not set. These are soft spoon desserts, not firm molded jellies.

Keep it well

Refrigerate covered at 40°F/4°C or below for up to 3 days; add fresh fruit close to serving and use topped cups within 1 day. Do not freeze. Pack already cold in an insulated bag with two cold sources and refrigerate at work. Discard if left without safe refrigeration for more than 2 hours, or 1 hour above 90°F/32°C.