



The Cackling Posset

*A comforting draught for cold noses, weary souls,
and those in need of a small miracle.*

Once upon a draughty night, milk met ale, curdled in confusion, and was rescued by spice and honey – thus, the posset was born.

Some made it light enough to sip, others thick enough to shovel. It cured fevers, comforted babes, and was whispered to rekindle warmth where warmth had wandered off.

Modern Twist:

Replace the ale with oat milk, and thou shalt not curdle anything except hearts.

Ye Shall Need

(for 4-6 mugs of mischief):

*500ml whole milk (or oat/almond for modern folk)

*2 tbsp honey

*1 sprig fresh ground ivy (or 1 tsp dried – the creeping kind, not the climbing villain)

*½ tsp ground nutmeg

*½ tsp cinnamon

*A small piece of fresh ginger, sliced

*(Optional) 1 egg yolk, if thou desirest a more voluptuous brew

The Making Thereof:

1. Warm the milk gently with the herbs and spices, until it hums but does not boil.
2. Strain out the solids, then stir in the honey.
3. For the richer version, whisk the egg yolk in a small bowl, then slowly blend it into the warm milk (lest thou scramble thy efforts).
4. Pour into small cups and sip whilst muttering thanks to the dairy spirits.

*From Seraphiel's Stillroom
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