

# The Honolulu Orchid Society

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## MARCH 2024 NEWSLETTER



**Paphiopedilum superbians h.v. curtsii 'Pacific Heights' AM HOS**  
**Exhibited by Kate Leonard & Ian Sandison**  
**Judged at the Lanakila Senior Center, August 21, 2021**

**Newsletter Editor: Carol De Witt Contributing Editors: Brad Lau, Linda Inouye, Mel Waki and Ian Sandison.**  
**Layout: Mel Waki. Contributing Photographers: Mel Waki, Ian Sandison, and Robert Higuchi.**

**Email: [hos@honoluluorchidsociety.org](mailto:hos@honoluluorchidsociety.org)**

**HONOLULU ORCHID SOCIETY**  
**MARCH GENERAL MEMBERSHIP MEETING**



 Honolulu Orchid Society

**GREAT SILENT AUCTION**

**ORCHID PLANTS AND GOODIES**  
donated by members  
and Oahu & Neighbor Island nurseries

**7:00 PM, Wednesday, March 13, 2024**  
**Lanakila Elementary School Cafeteria**  
**—Open to the Public—**

Bring your boxes or trays to carry out  
your winnings.

Cash or checks only  
contact: [hos@honoluluorchidsociety.org](mailto:hos@honoluluorchidsociety.org)  
website:  
[www.honoluluorchidsociety.org](http://www.honoluluorchidsociety.org)

The Honolulu Orchid Society's **Annual Great Silent Auction** is returning to Lanakila Elementary School Cafeteria beginning at 7:00 pm on Wednesday, March 13, 2024. This is the Society's major fund raiser to fund orchid education, outreach programs and Society activities throughout the year. The auction is being co-chaired by **Brad Lau** and **Matthew McKnight III**.



The following nurseries and backyard growers have pledged donations for the auction: **Akatsuka Orchid Gardens, Carmela Orchids, H&R Nurseries, Hawaii Hybrids, Hilo Orchid Farm, Walter & Ruby Hiraishi, Kawamoto Orchid Nursery, Calvin Kumano Orchids, M&P Orchids, Matt's Botanics, Island Sun Orchids, Kalapana Tropicals, Miyasato Orchids, Newman's Nursery, Nuuanu Orchids, Olomana Orchids, Orchid Eros, S&W Orchids, Shogun Hawaii, Tropical Orchid Farm** and **Winning Orchids**. Dendrobiums, cattleyas, paphiopedilums, phalaenopsis and other genera are expected to be donated.

We are also asking for donations from HOS members and friends. If you plan to donate orchids and other plants or orchid supplies, please give **Brad Lau** (bradlau23@gmail.com) or **Matthew McKnight III** (matthewboi78@gmail.com) a heads up via email. This is to help with planning. With or without notice, your last minute plant donations are still welcome at the door.

The **HOS Mini Country Store** will be in operation and will accept donations of baked goods, snacks, jams, jellies, fruits, and fresh veggies. Food items must be individually packaged or wrapped. Items will be priced by the Country Store workers.

Please **bring all auction and country store items to the cafeteria by 6:30 P.M.** for set up. If possible tell the person receiving the items the rough selling price. Fill out the HOS 2024 Silent Auction Donated Items form on page 17 of this newsletter or prepare a legible itemized list of the items you bring. Include your name, address, phone number and email address. Blank forms will be available at the auction. Turn in the completed forms to **Carol De Witt**.

**Auction organizers** and **country store helpers** will place all items received at the appropriate tables. We ask your cooperation to stay out of the right half (makai side) of the cafeteria so as not to hinder the auction setup.

**Only cash and checks will be accepted for payment at the auction.**

**The public is more than welcome to attend and participate in the auction.** The Silent Auction is an excellent opportunity to obtain rare and quality plants at bargain prices. Assorted boxes will be available but consider bringing your own boxes and trays to carry out your winnings. There is ample parking in the School parking lot. **Refreshments** will be served. See you at the auction!!!

The **Silent Auction Rules and Procedures** will be provided later.

### Welcome New Members

- **Cameron and Teri Deptula**, Mililani
- **Haley Smith**, Honolulu

*Welcome to the Society. We look forward to meeting you in person and seeing you at our events.*

## Vacancies on HOS Board of Trustees Are Filled

**Karen Nagamine** and **Karen Torigoe** were elected by the HOS Board of Trustees to fill two vacant trustee positions. We thank both for accepting their new roles as Trustees. Their terms will end in 2025.

## Kunia Orchid Show Returns

After a four year hiatus, the **Kunia Orchid Show** will be held on Friday, March 22, 2024, and Saturday, March 23, 2024, at the Leilehua High School Gymnasium. The venue remains the same as in the past but the show duration will be for two days instead of three days.

The Honolulu Orchid Society has accepted an invitation from the Kunia Orchid Society to put up a floor display at the Show. Set-up for the display will be on Thursday, March 21, 2024. **Jed Smith** will be chairing HOS's display set up. The theme of the display is "**The Chinese Zodiac Year of the Dragon**". Prop ideas include dragons (stuffed animals, toys or figurines), Chinese decorations, and Chinese lanterns to enhance the display with the theme.

Plants, greeneries including hinahina, and props for the HOS display should be brought to the Leilehua High School Gymnasium on **Thursday, March 21 by 9:00 AM** to have ample time to complete the display by 2:00 PM. Plants for the display should be staked and if need be placed in a larger pot so the plants can stand alone without falling over when placed in the display.

Register your orchid plants with the Show Registration Desk before leaving the plants with the HOS Set-up Committee. All plants and props should be labeled with your name so they can be identified and returned to you at breakdown.

The Set-up Committee can use your help if you are free that day and at breakdown (4:00 PM) on Saturday. Lunch will be provided for those that stay to help with the display setup. Let's all work together to make this a great display. If you have any questions, call or text Jed Smith at (320) 894-8926.

Note that there **will not be** a separate **Miniature Orchid Plant Display** at the Kunia Orchid Show therefore any miniatures orchids will be incorporated into the Society's regular floor display.

## Windward Orchid Show

During the same weekend as the Kunia Orchid Show, the **Windward Orchid Society** will be having their 41<sup>st</sup> Annual Spring Show "There's No Place like the Windward Side" at the King Intermediate School Cafeteria. The Show will be held on Friday and Saturday, March 22 and 23, 2024, from 10:00 AM to 5:00 PM and on Sunday, March 24, 2024 from 10:00 AM to 3:00 PM (plant sales closes at 2:00 PM). Anyone wishing to display their orchid plants at the Windward Orchid Show can do so by bringing and registering their plants by 10:00 AM on Thursday, March 21. Judging will be done by the American Orchid Society judges.

## Mahalo Nui Loa

Mahalo to all who attended last month's general membership meeting. Thank you **Dr. Michael Melzer** for your presentation on Orchid Fleck Virus, a new concern for Hawaii's orchid and citrus growers. It was great to learn more details about a virus that can infect our plants and how to help prevent it, including spider mite control. Members were happy to hear that the virus is not systemic and can be removed from the plant by discarding infected leaves and stems. The spreading of this virus throughout the world and into other plants, especially citrus, is a little alarming, but it was great to hear that some areas have completely eradicated this virus. Members should watch out for this virus on their plants and send photos and samples to be tested to the University of Hawaii College of Tropical Agriculture and Human Resources (CTAHR) if they suspect a plant may have this virus.



A special thank you to **Ben Kodama, Jr.**, for supplying plants for giveaways and the culture winners and **Matthew McKnight III** for transporting the plants to the meeting. Winning members received a variety of plants, some even in spike. Varieties included Rhynchostylis, Cattleya hybrids, and Dendrobiums.

Thank you to the crew of the Mini Country Store, **JoAnn** and **Bob Higuchi**, **Jackie Lai**, **Ruby Hiraishi** and **Kathy Sakuda**, for setting up and selling items sold at the Mini Country Store and to the following members who donated goodies to sell: **Jackie Lai** – boiled peanuts and purple Agapanthus plants, **Charlotte Yamamoto** – strawberry mochi, **JoAnn** and **Bob Higuchi** – chocolate chip krispies, Russian tea cookies and Shinobu fern plant, **Lynda Takara** – chi chi dango mochi, **Karen Nagamine** – Hershey kisses, **Kathy Sakuda** – almond brittle, apricot mochi, banana butter mochi, and a “Treasure” box of shells and also assorted 2024 calendars (which were free for the taking).

Mahalo to the following members, friends and Refreshment Committee who brought in a great assortment of food and desserts to share with those in attendance at the meeting – **Mel Waki** – Valentine chocolate candies; **Ruby Chan** – Diamond Bakery Hawaiian biscuits; **Josie Gesteuyala** – brownies; **Sandie Torigoe** and **Karen Torigoe** – Gon Lo Mein; **John Tapia** – assorted donuts; **Karen Nagamine** – macadamia nut chocolate chip mini cookies; **Clare Bosz** – chicken tortilla roll-ups; **Dorothy Nakama** – Warabi mochi; **Linda Leong** – La Monarca Bakery butter and pecans wedding cookies; **Holly Sullivan** – teriyaki chicken meatballs; **Charlotte Yamamoto** – guacamole dip with tortilla chips; **Jackie Lai** – homemade Chinese gau; **Kathy Sakuda** – beef broccoli with pan fried noodles; **Ruby** and **Walter Hiraishi** – banana muffins; **JoAnn** and **Bob Higuchi** – assorted bagged chips; **Kate Leonard** and **Ian Sandison** – Kim Chee fried rice; and **Refreshment Committee** – fruit juice and water. Your donations are truly appreciated

## Dorothy Nakama Is HOS Orchidist of the Year for 2023

Congratulations to **Dorothy Nakama** who was named as the Society's **Orchidist of the Year for 2023**. Dorothy was recognized for her services as an HOS Trustee from 2016 to 2019 and as Co-chair of the Refreshment Committee for the past five years. From her delicious dishes, to contributing ideas and helping plan events, Dorothy was dependable and

committed to HOS. Besides being a great cook/baker, she enjoys traveling and volunteering at sporting events.

1<sup>st</sup> Vice President **Melvin Waki** presented Dorothy with a certificate and a \$100 check during last month's general membership meeting.



## Last Call for HOS Membership Renewals

A friendly reminder—your membership dues for 2024 are due by March 31, 2024. If you have already paid, thank you.

New members who joined in October 2023 or later are considered paid through 2024 and do not have to pay.

Members who do not renew by March 31, 2024 will have their names removed from the membership roster and mailing list. Please don't make us do that.

Dues are still only \$25 for individuals (Regular Member) and \$5 for members of the same household (Associate Member). Student membership is \$10.

We encourage people to renew or join online using the membership portal on the Honolulu Orchid Society website. The portal accepts credit card payment for membership dues. Click [HERE](#) to go to the HOS membership join/renew portal.

If you prefer to mail in your membership dues, you may do so using the application form at this [LINK](#). Complete the application form and mail with your check made payable to Honolulu Orchid Society to HOS Membership Committee, P. O. Box 558, Honolulu HI 96809-0558.



# Thank You Letter from Catholic Charities, Hawaii



CATHOLIC CHARITIES HAWAII

January 31, 2024

Honolulu Orchid Society  
38 A Niolopa Place  
Honolulu, Hawai'i 96817  
Attn: Bradley Lau

*Brad + members of HAS*  
Dear Mr. Lau:

On behalf of the Lanakila Multi-Purpose Senior Center, I want to thank you for your generous donation of \$1,000.00. It is because of people like you that the center is able to continue fulfilling its mission to keep seniors healthy and active through recreational, exercise, education, health promotion and health screening activities. Through the senior center experience, we strive to keep Kupuna well in body, mind and heart.

Thank you for investing in the Center's future and for partnering with us to make a difference. May your gifts of kindness return to you in abundance!

Me ke aloha pumehana,

*Suzanne*  
Suzanne Chun Oakland  
Program Coordinator  
Lanakila Multi-Purpose Senior Center

*Thank you for all you do!*

Forwarded by:

*Diane M. Terada*

Diane M. Terada  
Division Administrator

Catholic Charities Hawai'i is a nonprofit organization under section 501(c)(3) of the U.S. Internal Revenue Code.  
Your contribution is tax deductible as allowed by law and your tax situation.  
Catholic Charities provided no goods or services in consideration of your contribution.

PLEASE KEEP THIS LETTER FOR YOUR TAX RECORDS.



LANAKILA MULTI-PURPOSE SENIOR CENTER  
1640 Lanakila Ave., Hon., HI 96817 • Phone (808)847-1322  
A program of Catholic Charities Hawai'i • [www.CatholicCharitiesHawaii.org](http://www.CatholicCharitiesHawaii.org)



## Thank You Letter from University of Hawaii

UNIVERSITY of HAWAI'I®

February 8, 2024

Honolulu Orchid Society, Inc.  
38-A Niolopa Place  
Honolulu, HI 96817

Aloha,

On behalf of the University of Hawai'i, mahalo (thank you) for your support. Philanthropic investments from organizations like yours are critical to accelerating University of Hawai'i's mission by advancing education, accelerating research, and deepening outreach and engagement with our local, national, and international community.

Philanthropy has the power to transform education by helping connect theory to reality, convert philosophy to practice, and share new knowledge with the world. Know that your philanthropic support is an investment in the future of Hawai'i and beyond.

This document serves as official acknowledgement of receipt of funds and can be used for tax purposes. Should you have any questions, please feel free to contact our Gift Processing team at [gift.processing@uhfoundation.org](mailto:gift.processing@uhfoundation.org) or our Corporate & Foundation Relations team at [corporatefoundationrelations@uhfoundation.org](mailto:corporatefoundationrelations@uhfoundation.org)

Mahalo for your trust in our institution and our work.

Sincerely,



John Han  
Chief Operating Officer & CFO

P. S. Visit [uhfoundation.org/news](http://uhfoundation.org/news) to learn more about the tangible impact gifts like yours are making right now on UH students, faculty and staff.

*The enclosed receipt reflects the date your gift was received and processed by the University of Hawai'i Foundation. However, according to the IRS publication governing charitable contributions, "A check that you mail to a charity is considered delivered on the date you mail it." So, if you have any questions concerning the deductibility of your gift for tax year 2023, please consult your tax advisor. You may find the full publication on their website, <http://www.irs.gov>. Thank you, again, for your support.*



## Plant Culture Table at February Meeting

At the February meeting, 10 plants were brought in by members for the Plant Culture Table. Three growers in the **Novice Category** (up to 4 years of growing orchids) brought five plants and three growers in the **Master's Category** (more than 4 years of growing orchids) brought in 5 plants to share. During the Refreshment break, attendees were given the opportunity to view the plants and vote on the plant in each category they liked the best based on the flower appearance, fragrance, uniqueness or overall plant growth. The ballots were counted, and the people's choice are shown below:

### Novice Category



**1st Place:** Miltoniopsis Herralexandre  
Grown by **Sandie Torigoe**

### Masters Category



**1st Place:** Dendrobium Thomas Warne  
Grown by **Dale Miyasaki**



**2nd Place:** Vanda garayi  
Grown by **Brandon Isokane**



**2nd Place:** Hippeophyllum micranthum  
Grown by **Mel Waki**

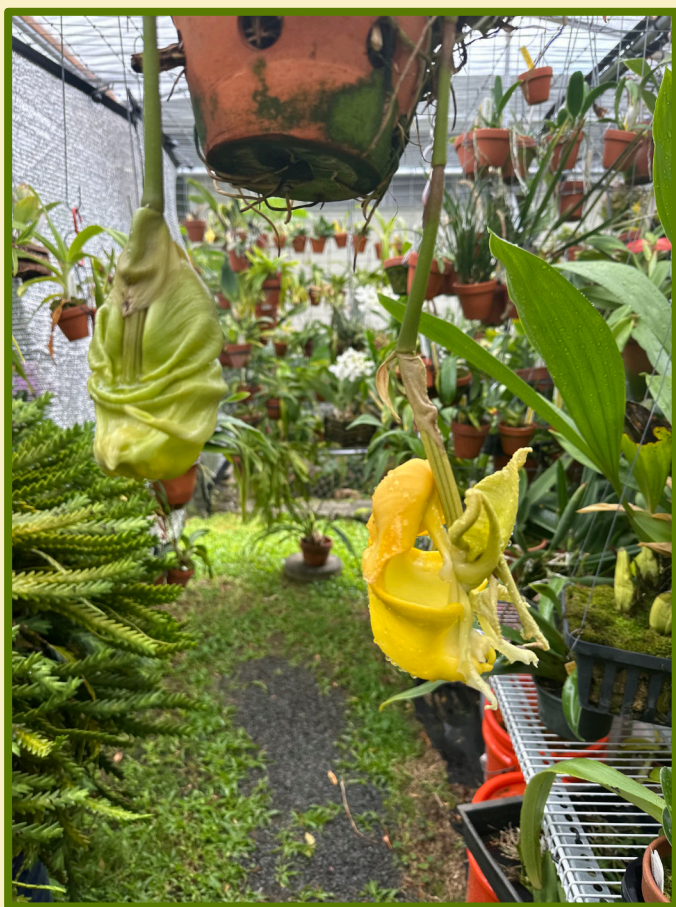


## Name Tags Now Available at Meetings

Name tags will be available for all members and guests who attend the general membership meetings. Pick up your name tags from **Sandie Torigoe** and **Karen Torigoe** who will be maintaining the name tags. Be sure to return the tags to them at the end of meetings. Studies show that name tags increase the ease of identification, help communication and improve interaction among members. As a side note, a name tag should preferably be worn on the right-hand side (from the wearer's perspective).

## Plant Won at 2020 Silent Auction Produced Unusual Flowers

HOS held its annual Great Silent Auction on March 11, 2020. One week later, all public gatherings were canceled because of COVID. Lucky for HOS, the auction was not canceled. There were many orchid plants available for bidding. **Ian Sandison** was the high bidder for a seedling of *Coryanthes bruchmuelleri* that was donated by



Tropical Orchid Farm in Maui. **Kate Leonard** and **Ian** grew the plant in their backyard at Pacific Heights. Four years later in February 2024, the plant threw out two hanging inflorescences. One inflorescence had a bud and the other had a mature flower. The flower as you can see in the above photos was very unusual. It was one of those where “beauty lies in the eyes of the beholder”. The flower had a strong citrus smell and lasted for 2-3 days.

## **Honolulu Orchid Society Judging in February 2024**

**Saturday, February 10, 2024, Lanakila Senior Center.** Fourteen plants were registered for judging at the Lanakila Senior Center. All of the plants were screened. Five plants were judged and awarded. The awarded plants are shown below and page 12 as Award Nos. 2024-07 through 2024-11.

**Monday, February 26, 2024, Aiea Orchid Club Meeting, Aiea Elementary School Cafeteria.** Eleven plants were brought to the Aiea Orchid Club Meeting. All of the plants were screened and three plants were nominated for further review. Two plants were judged and awarded. The awarded plants are shown as Award Nos. 2024-12 and 2024-13 on page 13.

All Award photos and descriptions for 2024 and prior years are available on the [Award Gallery](#) of the HOS Website.



**Award No. 2024-07**  
**Rhy. Gigantea 'Rose Champagne'**  
**CCM HOS (85.6 Pts.)**  
**Owners: Scot & Karen Mitamura**



**Award No. 2024-08**  
**C. Commander 'Pink Pal'**  
**CR HOS (77.8 Pts.)**  
**Owners: Scot & Karen Mitamura**





**Award No. 2024-09**  
**Rlc. Twenty First Century 'New  
Generation' AM HOS (79.8 Pts.)**  
**Owners: Scot & Karen Mitamura**



**Award No. 2024-10**  
**Rlc. Elizabeth Jean Lee 'Yellow  
Bird' CR HOS (77.4 Pts.)**  
**Owners: Scot & Karen Mitamura**



**Award No. 2024-11**  
**C. Jessica's Dream 'Karen's Too'  
AM HOS (80.8 Pts.)**  
**Owners: Scot & Karen Mitamura**



**Award No. 2024-12**  
**Rlc. Paradise Rose 'My Valentine'**  
**AM HOS (82.0 Pts.)**  
**Owners: Nuuanu Orchids**



**Award No. 2024-13**  
**Epi. schlechterianum 'George Too'**  
**CCM HOS (86.9 Pts.)**  
**Owners: George & Judy Hidano**

### **Calendar of Events for March 2024**

- **Saturday, March 9, 10:00 AM**

HOS Orchid Judging, Lanakila Senior Center. Plant registration: 9:30 AM to 10:00 AM

- **Tuesday, March 12, 7:00 PM**

HOS Board of Trustees Meeting via Zoom

- **Wednesday, March 13, 7:00 PM**

HOS Great Silent Auction, Lanakila Elementary School Cafeteria, Doors open at 6:00 PM

- **Thursday, March 21, 9:00 AM to 2:00 PM**

Display Set-up, Kunia Orchid Show, Leilehua High School Gymnasium



## Orchid Tip of the Month by Scot Mitamura

The year is just flying by and already, March 19 will be the first day of spring and three days before the opening of our spring show! We are finally out of the winter doldrums and the short rainy days, I hope. Still expect some rainy periods in March and April, but the days are now getting longer than our nights. At work, I needed to turn my irrigation back on and start to hand water some areas, now that we are starting to dry up from this wet winter.

I hope everyone has lots of Hono Hono plants that are in bud. I know the rainy weather came at a bad time, so I don't think the flowering will be really profuse this year, but I'm still hopeful. From initiation to bloom, it takes about one month, so they seem to be on schedule. At this time be very wary of the flower thrips that like to feed on the young emerging flower buds, causing them to dry up. One or two treatments with the Bayer 3n1 at bud initiation, should do the trick. If your plants are not showing buds yet, keep them dry as they may be the later blooming hybrids.

We need to start early preparations for the spring show. Yes, I know it seems early, but as soon as you see flower spike initiating, it will normally flower within a months' time. Presentation is the key to success in winning show and merit awards. First start separating the plants that are initiating blooms to an area that will be safe from bad weather. Clean and groom them, cutting off all old dead spikes and leaves. Make sure the plants are weed, insect, and slug/snail free. Start staking the spiking growths so that the flower buds/spikes can emerge without getting caught up between other leaves and stems. Also, stake the plants so that they are balanced and can stand without tipping over. If it is still unbalanced, then sleeve it into another heavy pot so that it is stable. This is a huge common mistake that everyone forgets about. This makes things difficult for the folks setting up the display. Now as it gets closer to the show, the flower buds will emerge, so once again, make sure it can clear the other growths and leaves of the plant. Sometimes a temporary early staking of each bud/spike may be necessary. This ensures that the flowers will space apart without impinging on each other. A secret in staking large flowers is to stake them facing downward and it normally takes around three days for the flowers to fully open or stretch, and to fully color. If you stake them upwards early, the flowers will flop downwards like an old *Cattleya mossiae*. Flowers that open the weekend prior to the show should be in prime condition for the Thursday set up day, which is followed by the judging later that same evening. So timing and good preparation is the key to having nice flowers for the show. I also hear the same thing year after year, that nothing is blooming for the show, and I always recommend that it is the best time to purchase new flowering plants. These plants are likely to bloom around the same time every year, so if you don't have anything flowering, treat yourself and buy a flowering orchid. In doing this, in time, you should have flowering orchids all year long!

To get more help with your orchid preparation, I will be doing a demonstration at the March meeting, two weeks prior to the show. If you are having trouble, bring your orchid in and I can help you with it. Aloha, Scot

*This article appeared in the March 2024 Newsletter of the Windward Orchid Society and is reprinted with the approval of Scot Mitamura and the Windward Orchid Society. The Spring Show that Scot is referring to is the Windward Orchid Show that will take place March 22 to 24, 2024, at the King Intermediate School Cafeteria in Kaneohe. The same grooming techniques mentioned by Scot apply to growers who plan to display their plants at the Kunia Orchid Show. The Kunia Orchid Show will be held on March 22 and 23, 2024 at the Leilehua High School Gymnasium in Wahiawa.*



## Recipe of the Month

# Sugar Free Pudding (Lemon Custard)

by *Cynthia McCloud* ([whatagirleats.com](http://whatagirleats.com))

Sugar free and egg free lemon pudding is a delicious and easy dessert adapted from traditional lemon posset.

**Prep time:** 5 minutes   **Cook time:** 10 minutes   **Course:** Dessert   **Cuisine:** British  
**Servings:** 6   **Calories:** 265 kcals

### Ingredients

- 16 ounces heavy cream
- 3/4 cup Swerve or similar cup for cup sugar substitute
- 5 tbsp fresh lemon juice 1 medium
- 2 tsp lemon zest grated

### Directions

1. Bring cream and swerve to boil over a medium-high heat, stirring until sugar dissolves. Reduce heat to medium, and boil 3 minutes, stirring constantly, adjusting heat as needed to prevent mixture from boiling over. Remove from heat.
2. Stir in lemon juice and zest. Let cool 10 minutes.
3. Stir mixture again and divide among six ramekins or glasses.
4. Cover each ramekin with plastic wrap and chill until set, 1 hour or overnight.
5. Allow to set completely before garnishing. Garnish with lemon zest, berries or mint.

NOTES: Swerve is zero net carbs. An alternative sweetener might result in a different nutritional values.

NUTRITION: Serving: 1serving Calories: 265kcal Carbohydrates: 4g Protein: 2g Fat: 28g Saturated Fat: 17g Polyunsaturated Fat: 1g Monounsaturated Fat: 8g Cholesterol: 104mg Sodium: 29mg Potassium: 75mg Fiber: 1g Sugar: 1g Vitamin A: 1114IU: VitaminC: 8mg Calcium: 53mg Iron: 1mg

### **Comments from Cynthia McCloud**

This sugar free pudding is a delicious lemon custard version of Posset. Now that it's sugar free, low carb and keto friendly, I love it even more! I've loved posset ever since I first discovered it almost a decade ago. What's unique about this sugar free pudding is that it's egg-free and sugar free.

Most traditional custards of puddings are made with egg yolk. I've made possets so many ways and with so many flavors, but this is the first time I tried making it sugar free. You can read more about posset and the process in this post.



This pudding, custard or posset (whatever you want to call it!), is also low carb and keto friendly. This is also a very rich dessert, so a little goes a long way! (This post was originally published on July 31<sup>st</sup>, 2013, and has been updated.

What kind of sugar is used in this lemon pudding? The ingredients in this lemon custard recipe are very simple; lemon juice and zest, heavy cream and sugar. In place of the sugar, I substitute Swerve which measures cup for cup. Swerve won't affect blood sugar, making it suitable for both diabetics, and those who follow a low carb diet. If you choose to use another sugar substitute, make sure to check the conversion, some replacement sweeteners might not convert in the same way. In a side-by-side tasting, no one could discern the difference between the version made with sugar and the sugar-free pudding.

How to make sugar free pudding (Lemon Custard). First zest a lemon (Meyer or Eureka), and juice. Heat the heavy cream in a medium sized saucepan with the sugar substitute. This takes just a few minutes, but you'll want to stir it continuously and keep an eye on the cream adjust the heat so it doesn't boil over.

Once the sugar has dissolved, remove the pan from the heat and stir in the lemon juice and zest. That's it! So simple. Let the mixture cool for about 10 minutes. You'll notice it will begin to thicken.

Once the custard has cooled for about 10 minutes carefully pour the mixture into serving glasses. This is when you can go crazy! Because this sugar free pudding is so rich, you can serve it in pretty champagne glasses tiny espresso cups or pour it over fresh berries.

