

Posted on 17 September 2012

by ewfood

Trifle

Ingredients

1 sponge cake (homemade or store bought)
2fl oz. sherry (optional)
2oz. berry jam, use strawberry or raspberry or cherry jam
16oz. mixed berries (use any berries that you like)
1 pkt. whipping cream
0.5 oz. sliced almonds
For the custard
11fl oz. heavy cream
3 egg yolks
1.5 oz. sugar

Preparation Time
25
min

Preparation

1. Heat the cream over a low heat in a saucepan
2. Simultaneously cream the egg yolks and sugar in a bowl. Pour the cream over the creamed eggs and incorporate
3. Return to the heat and stir until the mixture thickens, do not allow it to boil
4. Once it is thick remove the pan from the heat and place it in iced water to cool
5. Cover the bottom of a glass bowl with the sponge cake and sprinkle it with the sherry. Spread the jam over the sponge. Then 1 ½ cups of berries
6. Pour a generous amount of custard over them. Pour another cup of berries and add more custard
7. Whip the whipping cream until they form soft peaks and spread it generously over the whole lot. Decorate with the remaining berries and the almonds.

Cooks Note

Preparation time: 25 minutes