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by Liz Robb

Apple and almond trifle



Ingredients

4 large Bramley apples 65g caster sugar
40ml cold water
A sprinkling of cinnamon
A box of trifle sponges
8-10 tablespoons of apple juice
3 large eggs
1 teaspoon of cornflour
525ml double cream
50g flaked almonds

Preparation

- 1 1. Peel and core the apples and slice them into small thin pieces. Put them in a saucepan over a low heat with 40g of the caster sugar, 40ml of cold water and a sprinkling of cinnamon. Cook gently for 10-12 minutes, stirring occasionally, until the apples have softened. Leave to cool. 2. Break trifle sponges into small pieces and put enough in each dish to cover the bottom in one layer. Sprinkle 2 tablespoons of apple juice onto the sponge in each dish and leave it to soak in.
- 2 3. To make the custard, separate the eggs and discard the whites. Beat the yolks in a bowl, then mix well with the remaining 25g of caster sugar and a level teaspoon of cornflour. Heat 275g of double cream and, when hot, gradually pour it into the egg mixture, stirring all the time. Pour it straight back into the saucepan and heat gently, stirring constantly, until the custard is thick and smooth. Leave to cool, stirring occasionally.
- 3 4. Whisk the remaining 250ml of double cream until it is the right consistency to pipe.
- 4 5. Toast the flaked almonds for just a few minutes in a dry pan then leave to cool.
- 5 6. To assemble each trifle, spoon a layer of apple on top of the soaked sponges, dividing the apple between the dishes. Next, spoon on a layer of custard, spreading it evenly. Then pipe the cream on top of the custard. Finally, scatter a few toasted almonds on the top to give it crunch. Keep cool in the fridge until you are ready to serve.

Cooks Note

At this time of year I'm always looking for different ways to use the cooking apples ripening on the trees, and these apple and almond trifles are a lovely indulgent treat for dessert, especially for a Sunday teatime.

You can easily make your own sponge, but in this recipe I've gone for the quick option and used ready-made trifle sponges.

Makes 4-5 individual trifles.
