

English Trifle



Serves 10-12

Ingredients:

Custard:

4 eggs
60g caster sugar
2 cups warm milk

Trifle Base:

16 small madeleine cakes
strawberry jam

250g fresh strawberries (washed and cut into bite sized pieces)
16 crisp ladyfingers
200 mls sherry (or fruit juice for a non-alcoholic trifle)
450g tin of cherry pie filling

Topping:

2 cups double cream
30g sliced almonds

Method – Custard:

1. Separate eggs reserving whites for topping
2. Blend sugar and egg yolks in a pan
3. Add warm milk to the sugar and egg yolks and stir well
4. Cook the custard over a low heat until it is thick enough to coat the back of a wooden spoon. **(Do not allow it to boil or simmer otherwise the mixture will curdle.)**
5. Remove from heat and allow to cool. Meanwhile prepare the trifle base

Method - Trifle Base

1. Split the sponge cakes in half and sandwich each together with strawberry jam
2. Arrange half of the sandwiched cakes in the base of a large trifle bowl
3. Top with half of the strawberries

4. Crumble half of the ladyfingers over the strawberries
5. Pour half of the sherry (or fruit juice) evenly over the top of the mixture
6. Top with half of the cherry pie topping
7. Repeat steps 2 - 6 to build the layers of the trifle base
8. Strain custard and pour over trifle base and refrigerate to set

Method - Trifle Topping

1. Lightly toast almonds under the grill
(Steps 2 to 4 should be taken just before serving.)
2. Whip egg whites and double cream together until it forms soft peaks
3. Spread evenly on top of the custard
4. Sprinkle with toasted almonds
5. Serve and enjoy!