



Berry Trifle with Homemade Vanilla Custard, Chantilly Cream and Shaved Chocolate

Serves: 4

Not that long ago, what was often called sherry trifle was one of Australia's most popular desserts. We think it's time to put it back on the menu and have created a version that includes a little optional sherry, fresh strawberries and blueberries, a homemade custard and to add a little indulgence, topped it with Chantilly cream and shaved chocolate.

TASTE OF CATER CARE FACT

This recipe forms part of Cater Care's Supporting Positive Ageing recipe series and reflects our commitment to creating delicious, nutritious and engaging aged care specific dishes for our residents. Berries are an excellent source of vitamin C which play an important role in strengthening the immune system making it a great choice for all residents. The vitamin C in berries also provide an excellent source of antioxidants, which are well known for protecting our cells from damaging 'free radicals' that occur as part of the natural ageing process. Combined with vanilla custard and Chantilly cream, this delicious, high energy dessert is an excellent choice for residents who have poor appetite, or have difficulty meeting their daily energy requirements.

INGREDIENTS

- 100gm Caster Sugar
- 100gm Unsalted Butter - warm to room temperature.
- 2 Eggs - crack and beat.
- 100gm Self Raising Flour
- 1/2 tsp Baking Powder
- 1 tbsp Full Cream Milk
- As Required - Spray Oil
- As Required - Baking Paper
- 30ml Sweet Sherry (optional)
- 800ml Strawberry Jelly - make up as per manufacturer's instructions.
- 12 Blueberries
- 6 small Strawberries - remove stem and cut into quarters lengthways.
- 125ml Full Cream Milk
- 125ml Thickened Cream
- 1/2 tsp Vanilla Essence
- 2 Eggs - yolk only.
- 1/2 tbsp Cornflour
- 40gm Caster Sugar
- 200ml Thickened Cream
- 1/4 tsp Vanilla Essence
- 20gm Caster Sugar
- 20gm Milk Chocolate Bar - refrigerate and once chilled, finely shave.

METHOD

1. Pre-heat an oven to a moderate temperature - 160°C.
2. In the bowl of a food mixer, add the first quantity of sugar and butter. Use a balloon whisk to beat the sugar and butter until pale and creamy. Add the first quantity of eggs and continue to beat until combined. Add the flour, baking powder and first quantity of milk, beat to combine. Lightly spray oil and line with baking paper the base and sides of a 20cm springform cake tin. Evenly pour the batter into the tin and smooth out the top with a spatula. Place into the oven and bake for 20 minutes or until the cake is cooked through and firm to touch. Remove from the oven and allow to stand for 10 minutes before turning the cake out onto a rack and cooling it to room temperature.



3. Using half of the cake (cling wrap and freeze the other half for use another day), cut the cake into a 2cm dice. Place into a mixing bowl and lightly drizzle with sherry (optional). Equally portion the cake into 4 x 350ml glasses. Pour jelly into each glass to just cover the cake, set the remaining jelly aside. Place the glasses into a refrigerator and leave to set for 2 hours. Remove the glasses from the refrigerator, evenly distribute the strawberry wedges and blueberries, then the remaining jelly between the four glasses. Place them back into the refrigerator to set for at least 2 hours.
4. Whilst the jelly is setting, over a moderate heat in a saucepan, add the second quantity of milk, the thickened cream and first quantity of vanilla essence and bring it up to a gentle simmer.
5. In a mixing bowl, add the egg yolks, cornflour and second quantity of sugar, whisk to combine.
6. Pour the cream mixture into the egg mixture and whisk to combine. Place the mixture into a clean saucepan, place over a low heat and stir continually until the mixture thickens and coats the back of a mixing spoon. Remove from the heat and allow to cool to room temperature. Pour the custard into a sealable storage container and refrigerate for 2 hours or until required.
7. In the bowl of a food mixer, add the second quantity of thickened cream, second quantity of vanilla essence and third quantity of sugar. Using a balloon whisk, whisk until soft peaks form. Remove the cream from the bowl, place into a sealable storage container and refrigerate for 2 hours or until required.

TO SERVE

Remove the jellies from the refrigerator, evenly top each with a portion of the custard, then evenly top the custard with a generous dollop of Chantilly cream and garnish each with a little shaved chocolate.