

Scottish raspberry fool (Cranachan) Serves 4

This traditional Scottish dessert is a mixture of custard, whipped cream and raspberries. Topped with toasted oats. It is traditional eaten around Burns Night (25th January) when a tot of whiskey is often added to the cream during whisking. If it is made in the summer fresh raspberries would be used, but out of season frozen raspberries are more economical.



Ingredients

For custard

250ml milk
25g custard powder
15g sugar

For topping

100g rolled oats
25g light brown sugar

For cream

250 ml double cream
1 tsp honey

For coulis

250g raspberries
1 dsp icing sugar

SKILLS: Blended custard, sauce, hand blending coulis, decorating.

NUTRITION: Fruit fool is a high fat, high sugar dessert. However use of sweeteners in this recipe would reduce the sugar content. Milk in the custard is a good source of calcium. Use of yogurt instead of cream would reduce the fat content too. The recipe also has extra fruit to add vitamin C and fibre.

Variations: A range of different fruit could be used. Rhubarb, apple make very good sauces that could replace the coulis in the layers.

Food science

Aeration: Air is trapped in the cream as it thickens during whisking.

Plasticity: The plasticity of the fat in the cream increases due to the mechanical action of whisking. This causes it to thicken.

Gelatinisation: When the starch in the cornflour is boiled with liquid (milk), over 60°C the amylose in the starch is released thickening the liquid.

Time

Method

1. Place milk, sugar and custard powder in a small pan. Bring to the boil stirring continuously, until the custard thickens. Set aside to cool.
2. Preheat the grill to high. Scatter oats onto a baking tray. Top with a sprinkling of light brown sugar to help crisp up the mixture, then place under a hot grill for 3 or 4 minutes but watch it carefully as it burns easily. Remove when crisp and leave to cool slightly.
3. Whisk the double cream in a bowl until it just starts to feel heavy on my whisk; don't overwhisk it. Add the custard and honey and gently beat into the cream.
4. Make the coulis by blending raspberries and sugar using a hand blender and then working through a sieve to take out the seeds.
4. To serve, make layers of coulis and creamy custard in 4 serving dishes. Finish with the remaining oats for a crunchy topping and serve immediately.

(In school it's best to leave the final topping of oats until you get home and add just before serving so that the oats stay crisp)

Evaluation

Safety and quality points