

Low sugar summer berry trifle: Serves 6

This low sugar trifle is a low calorie, low sugar alternative to a classic British desserts. Ideal for those wanting a healthier lower fat, lower sugar dessert or diabetics who need to avoid high sugar foods.



For the sponge:

8g granulated sweetener
50g soft margarine
50g wholemeal flour
1 tsp baking powder
50g dried milk powder
1 egg
2 tbsp water

SKILLS: Creaming method cake, blended sauce, use of gelatine to set liquids, garnishing and decorating.

For the custard:

250ml milk
20g custard powder or cornflour
1 tsp vanilla flavouring
5 tsp granulated sweetener

NUTRITION

Trifle is traditionally a high fat, high sugar dessert. However use of sweeteners in this recipe reduces the sugar content. Milk in the custard and yogurt for the topping are good sources of calcium. The recipe also has extra fruit to add vitamin C and fibre.

For the jelly:

1 sachet sugar free strawberry or raspberry jelly
200g frozen summer berries

For the topping:

500g full fat greek yogurt
Sliceable fruit to decorate

Variations:

Traditional trifle would use 50g sugar in sponge and leave out milk powder. The jelly would not be sugar free. In the custard there would be another 50g sugar. The topping would use 300ml whisked double cream instead of yogurt.

A chocolate trifle could be made by adding cocoa to the sponge and the custard. Use of dark berries such as blackcurrants or black cherries would complement this well.

Food science

Aeration: Air is trapped in the sponge mixture as it is beaten and CO₂ is also given off by the baking powder. Both gases expand with the heat from the oven and help form a light texture as the mixture coagulates.

Coagulation: The protein in the eggs will set (coagulate) when the cake is baked in the oven.

Gelatinisation: As the starch in the cornflour heats up it will absorb hot water and swell and eventually burst open at boiling point thicken the custard sauce.

Gelatinisation: When the gelatin in the jelly is heated and mixed with water the protein fibers unravel and come apart, so the **jelly** from the packet melts. As the **jelly** cools the fibers coil up again trapping water between them, which makes the **jelly set**

Method:

1. **Make the sponge** using the all in one creaming method (Sift the flour, baking powder, sweetener and dried milk into a bowl, add the soft margarine and egg and whisk to a soft dropping consistency) Whisk in a little extra water if the mixture is too stiff.
2. Spoon into 6 muffin cases and bake at 180°C/Gas Mark 4 for 15-20 minutes until golden
3. **Make the custard** by the blended sauce method: (Add 250ml milk to a pan and bring to boiling point. Put the cornflour, vanilla extract, sweetener and 2 tbsp water into a small bowl and mix well until smooth. When the milk is about to boil stir in the cornflour mixture, stirring constantly with a mixing spoon, and bring to boiling point stirring until thickened then remove from heat. Leave to cool.

4. **Make the jelly** according to instructions on the pack but use about 10 per cent less water than stated. Set aside and allow to cool for 10 minutes.
5. Scatter the berries on top of the sponge - use from frozen as this helps the jelly set quicker.
6. **To assemble**, break the sponge into pieces and scatter on the bottom of a glass bowl.
7. Scatter the berries on top of the sponge - use from frozen as this helps the jelly set quicker.
8. Pour the jelly over the fruit and sponge, then place in the fridge for 1½ hours to set.
9. Spread the custard over the jelly and return to the fridge for 30 minutes (at this point you can cover in cling film and leave in the fridge overnight if you wish)
10. To finish the trifle, spread the greek yogurt on top of the custard and decorate with sliced fruit.

Sensory Evaluation

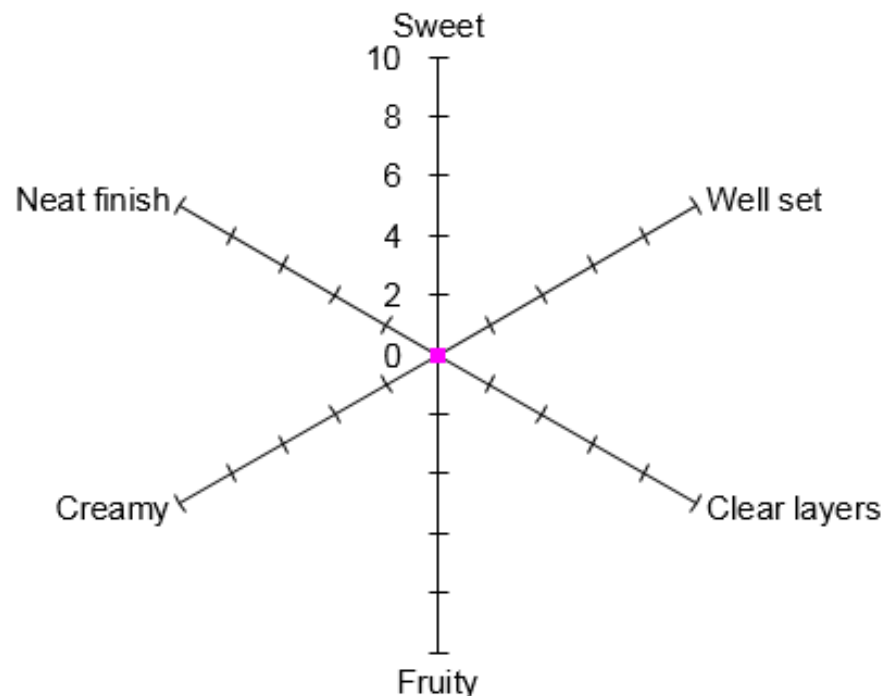
Comparison test for traditional and low sugar trifle

Rate each of the attributes for each trifle and draw 2 stars on the star profile

Key

Traditional trifle

Low sugar trifle



Overall evaluation of low sugar trifle (Include appearance, taste, texture and nutrition)