

Make the jelly and fruit layer (Wednesday 11th Oct)

1. Make the jelly following the instructions on the packet.
2. Prepare fruit by washing and slicing as you like it.
3. Cut whisked sponge into squares about 2cm square.
4. Make layers of sponge and fruit in your dish. Save some fruit to decorate the top of trifle.
5. Slowly pour the jelly over the fruit and sponge, until all the sponge is soaked in jelly.
6. Leave to set in the fridge.

Safety Rules

Make the custard and finish the trifle (Thursday 12th Oct)

1. Make the custard by the blending method: Mix the custard powder and sugar with a little milk in a measuring jug.
2. Boil the rest of the milk in a pan.
3. Pour the boiling milk over the custard powder mix. Stir until thick. Leave to cool.
4. Whisk the cream in a mixing bowl until just thick. DO NOT OVER WHISK
5. Finish the trifle; Pour custard over the set jelly. Decorate with cream and fruit!! When cool. Chill.

Photo



Trifle...

SKILLS YOU WILL LEARN: How to make a whisking method sponge. How to make custard with custard powder. How to make jelly.
How to whisk cream and decorate

Whisked Sponge (Mon 9th Oct)

50g sugar
2 eggs
50g SR flour

EQUIPMENT:

Apron, tea towel and a big bowl to put trifle in and take home

Jelly and fruit (Wed 11th Oct)

1 packet strawberry or raspberry jelly
200g fruit – raspberries or strawberries

Custard and cream (Thurs 12th Oct)

2 tbsp custard powder
 $\frac{3}{4}$ pt milk
2 tbsp sugar
300ml double cream

NUTRITION

This is a balanced dessert that provides all nutrients. Vitamins and fibre from the fruit, protein and calcium from the custard and starch and sugar from the sponge. The only really unhealthy part is the cream and this could be replaced with greek yogurt for a low fat trifle.

EXTRAS:

A variety of fruit could be used such as apricots, plums, peaches, raspberries, apple and bananas. Or, just one fruit could be used.

METHOD – First make the sponge (Monday 9th Oct)

1. Turn oven on to 200°C / gas mark 6.
2. Whisk the eggs and sugar together until thick and creamy and leaving a trail in the mixture.



3. Sieve the flour over the mixture and fold in carefully.



4. Line a tin with greaseproof paper. Pour the mixture into the tin. Bake for 10-15 minutes.

Safety Rules