

TOTALLY TERRIFIC TRIFLE

You will need

Glass bowl • Spoon • Saucepan
Wooden spoon • Bowl • Whisk or fork
Chopping board • Knife • Colander
Whisk or electric mixer • Palette knife

For the trifle

 Slices of sponge cake
or 5 large macaroons

 Apricot or raspberry jam

 5 tablespoons fruit
juice or cordial

 2 firm, ripe bananas

 400 g (14 oz) tin
sliced peaches

For the custard

 300 ml (1/2 pint)
double cream

 1 teaspoon cornflour

 3 egg yolks

 Few drops vanilla essence (optional)

 30 g (1 oz) caster sugar

For the topping

 300 ml (1/2 pint)
double cream

 30 g (1 oz) toasted
flaked almonds

Handy hints

For a super-speedy trifle, instead of preparing the custard yourself use a 400 g (14 oz) carton of ready-made custard, or make up a packet of instant custard mix.

What to do



1 Break the slices of sponge cake or macaroons into medium-sized pieces and lay them in the bottom of the bowl.



2 Spread a thin layer of jam over the top of the sponge pieces or macaroons, then spoon on enough fruit juice or cordial to soak them.



3 Put the cream for the custard in a saucepan and heat gently until it boils. Whisk the cornflour, eggs, vanilla, and sugar in a bowl.



4 As soon as the cream boils, stir it into the egg mixture a little at a time. Keep stirring the mixture to stop it from curdling.



5 Return the mixture to the pan and stir it over a very low heat until it thickens. Remove from the heat and leave to cool.



6 Peel and slice the bananas and arrange them on top of the jam, then drain the peaches and lay them on top of the bananas.



7 When the custard has cooled completely, carefully spoon it over the layer of peaches, making sure it is spread out evenly.



8 Whip the double cream for the topping with a whisk or electric mixer until it is thick but not completely stiff.



9 Spread the whipped cream over the custard with a palette knife and decorate it with flaked almonds.

Tempting trifle

Creamy, fruity trifle is a good pudding for a party, summer barbecue, or other special occasion.

Decorate the trifle with fresh raspberries.

