



Strawberry Parfaits



DIFFICULTY: EASY



PREPARATION TIME: 30 MINUTES PLUS CHILLING



COOKING TIME: 40 MINUTES



SERVES: 8

Ingredients

- 500g strawberries
- ¾ cup caster sugar
- 3 to 4 strips lemon rind
- ¼ cup lemon juice

Almond Cake

- 2/3 cup almond meal
- 2/3 cup SR flour
- 2/3 cup caster sugar
- 2 eggs, lightly beaten
- 90g butter, melted
- 1 tsp vanilla extract
- ½ cup slivered almonds

Custard Cream

- 3 egg yolks
- 1/3 cup sugar
- 1 tbsp custard powder

Method

Wash and hull the strawberries then slice half into 2mm slices and set aside. Cut the remaining strawberries into quarters and place into a medium size saucepan with the sugar, lemon rind and juice. Cook over a low heat, Induction level 3, stirring regularly until the sugar is dissolved. Increase the heat to high, Induction level 8 and bring the mixture to the boil. Reduce the heat to medium, Induction level 5 and gently boil for a further 8 to 10 minutes or until the mixture is syrupy. Remove any excess scum from the surface and cool completely.

Preheat the oven on CircoTherm to 160°C and place the wire rack on shelf 3. Grease and line a 23cm square, shallow cake pan.

Place the almond meal, flour and sugar into a bowl and mix to combine. Add the eggs, butter, vanilla and mix until smooth. Pour the mixture into the prepared pan and sprinkle with the slivered almonds. Cook for 20 – 22 minutes or until cooked when tested with a skewer. Allow to stand for a few minutes before removing from the pan then cool completely. When cold, cut into 1.5cm cubes.

While the cake is cooking, make the custard cream. Place the egg yolks, sugar and custard powder into a small bowl and whisk until smooth. Gradually add the milk and continue whisking until smooth. Transfer the mixture to a small saucepan and cook over a medium heat, Induction level 6 until the custard just comes to the boil. Remove from heat, transfer to a medium size mixing bowl and cover the surface of the custard with plastic wrap to prevent a skin from forming. Cool then refrigerate until cold. When the custard is cold, add the cream and vanilla to the bowl with the custard and beat with electric beaters until whipped and creamy.

2/3 cup milk

200 ml thickened cream

1 tsp vanilla extract

8 strawberries for decoration

To assemble the parfaits, place a layer of cake pieces into the base of each serving dish or jar. Top with strawberry syrup then some reserved sliced strawberries. Spoon or pipe a layer of custard over the top. Serve decorated with extra strawberries.

Notes
