



Mixed Berry Trifle recipe



DIFFICULTY: MID



PREPARATION TIME: 45
MINUTES



COOKING TIME: 15 MINUTES



SERVES: 8-10

Ingredients

Sponge layer

5 eggs
3/4 cup caster sugar
150g plain flour
60g butter, melted and cooled

Raspberry jelly layer

500ml water
1 cup caster sugar
Juice 1 lemon
500g raspberries
6 gelatine leaves

Berry coulis layer

2 cups sugar
2 cups water

6 punnets mixed berries, cleaned

Custard layer

1 cup milk
1 cup cream
1 vanilla pod, split
8 egg yolks
1/4 cup caster sugar
1 tbs plain flour

Meringue

3 egg whites
1/2 cup caster sugar

Method

To make the sponge, preheat oven on CircoTherm to 160°C. Grease and line 2 x 23cm diameter springform cake pans.

Whisk eggs and sugar together in a stand mixer until light and fluffy, about 10 minutes. Fold in flour, using a metal spoon. Fold in cooled butter. Divide mixture between pans and spread out with a spatula to level the surface.

Bake for 12-15 minutes until pale but cooked and springy in the middle. Remove from oven and allow to cool a little, then turn out onto a clean teatowel and allow to cool.

To make the jelly, heat water, sugar and lemon juice in a medium pan until the sugar is dissolved. Remove from heat and add the raspberries. Set aside to cool. When cooled, strain raspberries through a fine sieve and reserve for making the coulis. Soak gelatine leaves in cold water to soften. Add to raspberry liquid and stir to dissolve. You may need to warm the liquid a little. Pour the jelly into the base of a large trifle bowl, approx. 23cm diameter and place in refrigerator to set.

To make the berry coulis, heat sugar and water in a small pan until the sugar is dissolved. Add the reserved raspberries from the jelly. Remove from heat and blend with a stick blender until smooth. Set aside.

To make the custard layer, bring milk, cream and vanilla pod to simmering point in a medium pan. Remove from heat and allow to infuse for 15 minutes. Strain into a bowl, scraping some of the seeds from the vanilla pod. Remove pod, rinse, dry and store for another use. Whisk egg yolks with sugar and flour, then whisk in warm milk mixture. Strain back into pan and cook over medium heat, stirring constantly, until mixture thickens slightly. Set aside to cool.

To assemble: Remove trifle bowl from refrigerator. Place a third of the berries on top of the jelly and drizzle over a third of the berry coulis. Top with half of the custard then place a layer of cake over. Repeat layers. Finish

with berries and coulis.

To make meringue: Whip the egg whites and sugar until they form stiff peaks. Spoon the meringue over the top of the last layer in the bowl. Run the flame of a blow torch over the meringue till it begins to colour. Garnish with some berries.

Notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55–60 g, unless specified.

Photography by Steen Vestergaard. Styling by Caroline Velik. Food preparation by Caroline Velik.