

Easy Custard and Berry Trifle



Preparation time: 35 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Desserts, Entertaining, Vegetarian



Ingredients

Custard

- 300ml pure cream
- 300ml milk
- 6 egg yolks
- 2 tbsp cornflour (see tip)
- 1 tsp vanilla bean paste
- 75g (1/3 cup) caster sugar

Trifle

- 2 tsp finely grated orange zest, plus extra zest to serve
- 9 jam mini rolls, cut into 3cm slices
- 250g fresh strawberries, hulled, halved
- 125g fresh blueberries
- 250g fresh raspberries
- 2 tbsp chopped pistachio kernels
- 300ml thickened cream, whipped

Method

Custard

1. Combine cream and milk in a medium saucepan over medium heat and bring to just a simmer.
2. Meanwhile, whisk yolks, cornflour, vanilla and sugar together in a large heatproof bowl. Gradually whisk in the hot cream mixture until smooth.
3. Return mixture to cleaned saucepan and place over low heat. Cook, stirring constantly, until custard thickens and thickly coats the back of a spoon.
4. Serve warm or transfer to a glass bowl and cover surface with plastic wrap (to prevent a skin from forming). Set aside to chill in the fridge.

Trifle

1. Stir orange zest through the chilled custard.
2. Layer half the jam roll slices on the base of a 2 litre (8-cup) capacity serving dish, pressing the cut surface of the rolls against the glass. Top with one-third of the custard. Layer three-quarters of the strawberries in the custard, pressing halves against the glass, and scatter with three-quarters of the blueberries. Repeat with another one-third of the custard and remaining jam rolls. Add remaining custard to top of jam rolls
3. Top the trifle with dollops of cream. Scatter with raspberries and remaining strawberries and blueberries, pistachios and extra orange zest. Cover and refrigerate until required.

Notes

Tip: To allow custard to chill, cook night before needed and refrigerate overnight.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
334g	2980kJ 712kcal	10.3g	49.5g	29.9g	55.4g	41.7g	210mg	3.9g

All nutrition values are per serve.