



Cranberry Cognac Trifle

READY IN



45 min.

SERVINGS



10

CALORIES



713 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 10 servings cognac
- ☐ 0.3 cup powdered sugar
- ☐ 10 servings custard sauce
- ☐ 6 large egg whites
- ☐ 12 large egg yolk
- ☐ 1.5 cups flour all-purpose
- ☐ 1.3 cups cup heavy whipping cream chilled
- ☐ 10 servings jam

- ☐ 10 servings mint leaves
- ☐ 0.8 teaspoon salt
- ☐ 2.3 cups sugar
- ☐ 0.3 teaspoon vanilla
- ☐ 6 tablespoons milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Preheat oven to 350°F and butter pans. Line bottom of each pan with wax or parchment paper and butter paper. Dust pans with flour, knocking out excess.
- ☐ Whisk together yolks, 1 1/2 cups sugar, milk, and vanilla in a large bowl until combined well, then whisk in flour and salt until smooth. (Batter will be thick.)
- ☐ Beat whites with an electric mixer until they hold soft peaks. With mixer at low speed, gradually beat in remaining 3/4 cup sugar. Increase speed to high and beat until whites hold stiff, glossy peaks.
- ☐ Fold about one third of whites into batter to lighten, then fold in remaining whites gently but thoroughly.
- ☐ Divide batter among pans and spread evenly. Rap pans against a work surface to release any air bubbles.

- ☐ Bake, 1 pan at a time, in middle of oven until cake is pale golden and beginning to shrink around edges, 10 to 11 minutes per pan. Cool layers completely in pans on racks.
- ☐ Loosen edges of 1 cake layer with a knife.
- ☐ Place a sheet of wax or parchment paper on top of layer and invert onto a rack. Carefully peel paper from cake.
- ☐ Place a new sheet of wax or parchment paper on inverted cake and reinvert onto work surface, peeling off paper that is now on top. Repeat with remaining 2 layers.
- ☐ With long side of layers toward you, halve layers vertically with a serrated knife.
- ☐ Spread 1 half of each layer (3 of 6 halves) with cranberry jam, then top with remaining plain halves.
- ☐ Put each "sandwich" crosswise into 10 (7 1/2- by 3/4-inch) strips. Arrange 1 strip vertically in trifle dish with a cut side against glass (see photo below), then trim strip flush with top of dish. Using trimmed piece as a guide, cut remaining strips to fit dish, reserving trimmings.
- ☐ Brush strips on all sides with Cognac syrup and fit strips tightly all around edge of dish. (If your dish is slightly smaller on bottom than on top, cut a few strips in half diagonally to fill any gaps.)
- ☐ Brush trimmings with syrup and arrange one fourth of them in 1 layer in bottom of dish.
- ☐ Pour in 1 cup custard. Repeat layering of trimmings and custard to fill dish, ending with custard. (You may have a small amount of custard left over.)
- ☐ Brush top of strips around edge with syrup. Cover trifle with plastic wrap and chill at least 8 hours.
- ☐ Beat heavy cream with confectioners sugar, Cognac, and vanilla with an electric mixer until it holds soft peaks.
- ☐ Remove plastic wrap from trifle and mound cream on top.
- ☐ • Resist the temptation to bake more than 1 cake layer at a time; layers will bake extremely unevenly. • Cake layers can be baked 2 days ahead of assembling and chilled, wrapped well, or frozen up to 1 month. • Trifle can be assembled (before topping with cream) up to 1 day ahead and chilled, covered.

Nutrition Facts



■ PROTEIN 8.42% ■ FAT 30.76% ■ CARBS 60.82%

Properties

Glycemic Index:30.47, Glycemic Load:58.47, Inflammation Score:-6, Nutrition Score:15.494347696719%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 712.64kcal (35.63%), Fat: 23.17g (35.65%), Saturated Fat: 12.31g (76.96%), Carbohydrates: 103.08g (34.36%), Net Carbohydrates: 102.27g (37.19%), Sugar: 66.02g (73.35%), Cholesterol: 329.17mg (109.72%), Sodium: 355.28mg (15.45%), Alcohol: 6.05g (100%), Alcohol %: 2.33% (100%), Protein: 14.27g (28.55%), Selenium: 32.01µg (45.73%), Vitamin B2: 0.7mg (41.02%), Phosphorus: 318.83mg (31.88%), Calcium: 265.55mg (26.55%), Vitamin D: 3.4µg (22.67%), Vitamin A: 1074.33IU (21.49%), Vitamin B12: 1.25µg (20.8%), Folate: 82.19µg (20.55%), Vitamin B1: 0.29mg (19.09%), Vitamin B5: 1.84mg (18.37%), Potassium: 432.68mg (12.36%), Iron: 2.14mg (11.87%), Zinc: 1.47mg (9.83%), Vitamin B6: 0.19mg (9.65%), Manganese: 0.18mg (8.87%), Magnesium: 34.8mg (8.7%), Vitamin B3: 1.38mg (6.88%), Vitamin E: 0.94mg (6.28%), Copper: 0.12mg (6.19%), Fiber: 0.81g (3.22%), Vitamin C: 2.41mg (2.92%), Vitamin K: 1.52µg (1.45%)