



Glam trifle slice

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



645 kcal

DESSERT

Ingredients

- ☐ 8 servings flavourless oil for greasing
- ☐ 1 large shop-bought madeira loaf cake
- ☐ 250 ml double cream
- ☐ 2 tbsp icing sugar
- ☐ 2 gelatine leaves
- ☐ 200 ml double cream
- ☐ 3 tbsp cooking sherry sweet
- ☐ 100 g mascarpone cheese

- ☐ 4 tbsp icing sugar
- ☐ 3 tbsp custard powder
- ☐ 3 tbsp icing sugar
- ☐ 400 ml milk
- ☐ 135 g pack raspberry jelly
- ☐ 350 g raspberry frozen

Equipment

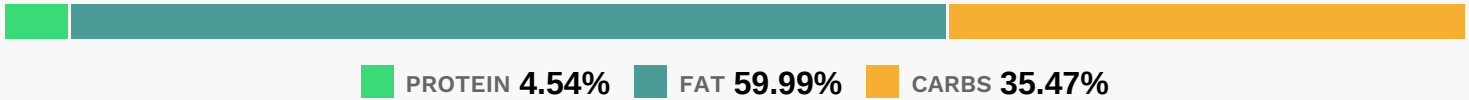
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Grease a 900g loaf tin, then line with cling film as smooth as you can get it. Use 1 long strip of baking parchment to line the base and ends of the tin, leaving some sticking up at each end to help you pull the loaf free later. Criss-cross another piece of parchment to line the base and longer sides.
- ☐ For the cream layer, soak the gelatine in cold water. Gently warm the cream and sherry in a saucepan. When the gelatine is softened, squeeze out excess water, take the cream off the heat and stir in the gelatine until dissolved. Gently whisk in the mascarpone and icing sugar until smooth, then scrape into the tin and bang a couple of times to level. Chill until set about 1 hr.
- ☐ Start each following layer while the previous layer is chilling. For the custard layer, soak the gelatine in cold water. Make up the custard following pack instructions, but using the quantities weve given. When the gelatine is soft, squeeze out excess water, remove the custard from the heat and stir in the gelatine until melted.
- ☐ Lay cling film directly on the surface of the custard to stop a skin forming, then cool. Once room temp, scrape into the tin on top of the set cream layer, as above. Chill again until set.
- ☐ Make up the raspberry jelly following pack instructions but using 300ml water. Whizz with 150g of the raspberries, then sieve. Cool to room temp, then scatter the remaining raspberries over the set custard layer in the tin.
- ☐ Pour over the raspberry jelly and chill until the jelly is almost set.

- Trim the brown edges from the Madeira cake, then cut it lengthways into big slices 1.5–2cm thick. Cover the jelly with sponge, like a puzzle, using as few bits as possible. Push slightly into the jelly to stick, then cover in cling film and chill until completely set, ideally overnight.
- To serve, turn the tin upside-down onto your serving plate. Ease the loaf from the tin using the overhanging parchment and gently peel off the cling film, then the parchment. Whip the final 250ml cream with the sifted icing sugar until thick enough to hold its shape. Spoon into a food bag, snip off the corner and pipe onto the top. Scatter with sprinkles, if you like.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:7.84, Inflammation Score:-7, Nutrition Score:11.540434712949%

Flavonoids

Cyanidin: 20.02mg, Cyanidin: 20.02mg, Cyanidin: 20.02mg, Cyanidin: 20.02mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 644.94kcal (32.25%), Fat: 43.37g (66.72%), Saturated Fat: 18.93g (118.3%), Carbohydrates: 57.69g (19.23%), Net Carbohydrates: 54.47g (19.81%), Sugar: 36.87g (40.97%), Cholesterol: 135.18mg (45.06%), Sodium: 297.74mg (12.95%), Alcohol: 0.58g (100%), Alcohol %: 0.29% (100%), Protein: 7.39g (14.77%), Vitamin A: 1174.56IU (23.49%), Vitamin E: 3.49mg (23.25%), Vitamin B2: 0.33mg (19.64%), Manganese: 0.39mg (19.48%), Calcium: 172.21mg (17.22%), Phosphorus: 171.68mg (17.17%), Vitamin C: 13.31mg (16.13%), Vitamin K: 15.46µg (14.72%), Fiber: 3.22g (12.87%), Selenium: 7.59µg (10.85%), Vitamin B1: 0.16mg (10.43%), Vitamin D: 1.55µg (10.32%), Iron: 1.59mg (8.84%), Vitamin B12: 0.52µg (8.73%), Folate: 32.73µg (8.18%), Potassium: 281.43mg (8.04%), Vitamin B5: 0.79mg (7.9%), Magnesium: 27.69mg (6.92%), Vitamin B6: 0.11mg (5.65%), Vitamin B3: 1.11mg (5.53%), Zinc: 0.8mg (5.32%), Copper: 0.09mg (4.75%)