

DESSERT

Red Berry Trifle

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
155 min	35 min	120 min	8	\$2.81	1,255 kcal



Red Berry Trifle might be a good recipe to expand your dessert recipe box. For \$2.81 per serving, this recipe covers 25% of your daily requirements of vitamins and minerals. One portion of this dish contains roughly 18g of protein, 61g of fat, and a total of 1255 calories. This recipe serves 8.

Ingredients

- ☐ ½ teaspoon baking powder
- ☐ ¾ cup buttermilk, at room temperature
- ☐ 4 tablespoons sifted cornstarch
- ☐ 4 extra large eggs, at room temperature
- ☐ 8 servings Framboise
- ☐ 1 tablespoon heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ ½ teaspoon baking soda
- ☐ 1 teaspoon Cognac
- ☐ 10 extra large egg yolks, at room temperature
- ☐ 3 cups all-purpose flour
- ☐ 2 cups granulated sugar, divided
- ☐ 2 cups cold heavy cream
- ☐ 3 cups milk

☐ 2 half-pints fresh raspberries

☐ 1 pint fresh strawberries

☐ 2 tablespoons sugar

☐ 2 tablespoons unsalted butter

☐ 2 tablespoons pure vanilla extract

☐ 1 cup good raspberry jam

☐ 1 cup sugar

☐ ½ pound (2 sticks) unsalted butter, at room temperature

☐ 1 teaspoon pure vanilla extract

EQUIPMENT Bowl, Frying pan, Sauce pan, Baking paper, Oven, Whisk, Sieve, Blender, Plastic wrap, Loaf pan, Hand mixer, Spatula

Method

- 1 Watch how to make this recipe.
- 2 Cut the pound cake into 9 (3/4-inch) slices and spread each slice on 1 side with raspberry jam, using all the jam. Set aside.
- 3 Place a layer of cake, jam side up, in the bottom of a 2 1/2-to 3-quart glass serving bowl, cutting the pieces to fit.
- 4 Sprinkle with Framboise. Top with a layer of raspberries and strawberries and Cognac Cream. Repeat the layers of cake sprinkled with Framboise, raspberries, strawberries and Cognac Cream, ending with a third layer of cake jam side down and raspberries and strawberries.
- 5 Whip the heavy cream in the bowl of an electric mixer fitted with the whisk attachment. When it starts to thicken, add the sugar and vanilla and continue to whip until it forms stiff peaks. Decorate the trifle with whipped cream. The trifle can sit for a while at room temperature.
- 6 Preheat the oven to 350 degrees F. Grease and flour 2 (8 1/2 by 4 1/2 by 2 1/2-inch) loaf pans. Line the bottoms with parchment paper.
- 7 Cream the butter and granulated sugar in the bowl of an electric mixer fitted with the paddle attachment for about 5 minutes, or until light and fluffy. With the mixer on medium speed, beat in the eggs, 1 at a time.
- 8 In a large bowl, sift together the flour, baking powder, baking soda, and salt. In another bowl, combine the buttermilk and vanilla.
- 9 Add the flour and buttermilk mixtures alternately to the batter, beginning and ending with the flour. Divide the batter evenly between the pans, smooth the tops, and bake for 45 minutes to 1 hour, until a cake tester comes out clean.
- 10 When the cakes are done, let them cool for 10 minutes. Take them out of the pans, place them on a baking rack and allow them to cool completely. Wrap well, and store in the refrigerator.

- 11 Heat the milk in a medium stainless-steel saucepan over medium heat and bring almost to a boil.
- 12 Remove from the heat.
- 13 Beat the egg yolks and sugar on medium-high speed in the bowl of an electric mixer fitted with the paddle attachment until pale and thick, about 5 minutes. With the mixer on low speed, sprinkle on the cornstarch. Beat on medium-low speed until combined, scraping down the bowl with a rubber spatula.
- 14 With the mixer on low speed, slowly pour the hot milk mixture into the egg mixture.
- 15 Pour the mixture back into the pan. Cook over low heat, stirring constantly, until the mixture thickens, 5 to 7 minutes. (Pay attention because it will thicken and then quickly become scrambled eggs!)
- 16 Immediately, pour the mixture through a fine sieve into a large bowl. Stir in the vanilla, Cognac, butter, and heavy cream.
- 17 Place plastic wrap directly on the custard and refrigerate until cold.

Nutrition per serving

	1,255 KCAL	18 g PROTEIN	61 g FAT	160 g CARBS
Saturated Fat				35.7 g · 223% of daily needs
Fibre				3 g · 12% of daily needs
Sugar				110 g · 122% of daily needs
Sodium				531 mg · 23% of daily needs
Cholesterol				499 mg · 166% of daily needs
Vitamin C				38.9 mg · 47% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/red-berry-trifle-148425