



## Sweet peach trifles

READY IN



80 min.

SERVINGS



6

CALORIES



667 kcal

DESSERT

### Ingredients

- 2 vanilla pod
- 2 tbsp custard powder
- 2 tbsp sugar
- 500 ml milk
- 100 g self raising flour
- 100 g sugar
- 100 g butter softened
- 1 tsp double-acting baking powder
- 1 orange zest finely grated

- 2 eggs
- 1 tbsp milk
- 3 tbsp lemon curd
- 6 medium peaches cut into 6 wedges
- 4 tbsp sugar
- 8 tbsp wine sweet (or water)
- 284 ml double cream
- 6 servings vanilla

## Equipment

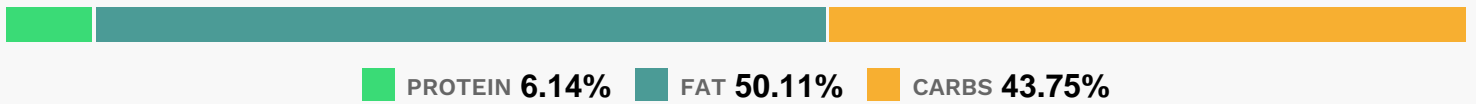
- food processor
- bowl
- frying pan
- oven
- whisk
- wire rack
- sieve
- cake form

## Directions

- Halve the vanilla pods lengthways and scrape the seeds, then mix the custard powder, sugar, vanilla seeds and 2 tbsp milk. Boil remaining milk, then whisk into the custard. return the custard to the cleaned pan and bring to the boil, stirring until thick. Strain the custard through a sieve into a bowl, cover and leave to cool. chill to set.
- For the sponge, heat oven to 180c/fan 160c/ gas
- Butter and line the base of an 18cm sandwich cake tin. Put all the ingredients, except the milk and lemon curd, in a food processor and blitz until smooth.
- Add enough milk for a soft dropping consistency. Spoon the sponge mix into the tin, level the top and bake for about 25 mins until just firm. cool on a wire rack, then split the cake across the middle into two discs.

- Spread one disc with the lemon curd and sandwich together.
- Sprinkle the peaches with the caster sugar in a frying pan and cook over a moderate heat. After 1 min, pour the wine over. Continue to simmer for 2–3 mins. remove the fruits, and reduce the liquor to a syrup. can be prepared several hrs ahead.
- Now Finish it in style
- Cut the sponge into 6 wedges, then slice each wedge into
- For each serving, place 3 sponge slices in a wide shallow bowl.
- Top with peach slices, drizzle with syrup and finish with vanilla custard and cream, and a sugared vanilla stick (see Garys tip, right).

## Nutrition Facts



### Properties

Glycemic Index:91.75, Glycemic Load:34.88, Inflammation Score:-8, Nutrition Score:13.187826177348%

### Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 7.53mg, Catechin: 7.53mg, Catechin: 7.53mg, Catechin: 7.53mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

### Nutrients (% of daily need)

Calories: 666.53kcal (33.33%), Fat: 37.15g (57.15%), Saturated Fat: 22.35g (139.7%), Carbohydrates: 72.97g (24.32%), Net Carbohydrates: 70.09g (25.49%), Sugar: 52.97g (58.86%), Cholesterol: 167.52mg (55.84%), Sodium: 319.34mg (13.88%), Alcohol: 2.4g (100%), Alcohol %: 0.76% (100%), Protein: 10.24g (20.47%), Vitamin A: 1847.36IU (36.95%), Selenium: 18.58µg (26.54%), Phosphorus: 236.39mg (23.64%), Calcium: 222.62mg (22.26%), Vitamin B2: 0.37mg (21.9%), Vitamin E: 2.19mg (14.6%), Vitamin D: 2.03µg (13.52%), Manganese: 0.26mg (12.98%), Vitamin B12: 0.77µg (12.84%), Potassium: 449.06mg (12.83%), Fiber: 2.88g (11.53%), Vitamin B5: 1.13mg (11.26%), Vitamin C: 9.18mg (11.12%), Magnesium: 37.19mg (9.3%), Copper: 0.17mg (8.59%), Vitamin B1: 0.13mg (8.38%), Zinc: 1.25mg (8.35%), Vitamin B6: 0.16mg (8.21%), Vitamin B3: 1.58mg (7.88%), Vitamin K: 7.63µg (7.27%), Iron: 1.23mg (6.85%), Folate: 26.08µg (6.52%)