



Tilly's trifle

READY IN



75 min.

SERVINGS



8

CALORIES



634 kcal

DESSERT

Ingredients

- ☐ 4 sheets gelatin powder
- ☐ 650 g cherries
- ☐ 2 tbsp jam
- ☐ 1 portugese rolls
- ☐ 3 tbsp sherry dry
- ☐ 70 g amaretti cookies crushed
- ☐ 1 vanilla pod split
- ☐ 8 egg yolk
- ☐ 50 g brown sugar

- ☐ 4 tsp flour plain
- ☐ 568 ml double cream
- ☐ 284 ml double cream
- ☐ 50 g pistachios unsalted chopped
- ☐ 30 g amaretti cookies crushed
- ☐ 1 handful physalis (Cape gooseberries)

Equipment

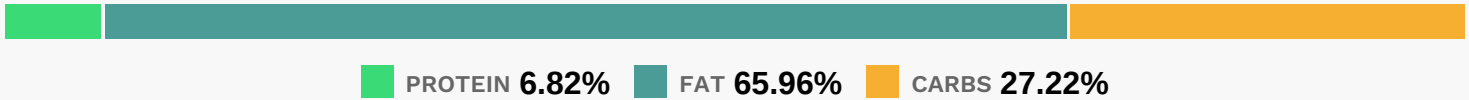
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ First, make the jelly. Soak the gelatine leaves in cold water until floppy, then drain. Strain off the juice from the cherries into a jug you should have around 350–400ml.
- ☐ Put the juice and the redcurrant jelly in a pan, stirring until it boils and the redcurrant jelly has melted. Take off the heat, cool for a few mins, then stir in the gelatine until it dissolves.
- ☐ Pour into a shallow pan or dish to cool, then chill until set.
- ☐ For the custard, scrape the vanilla seeds from the pod into a large bowl.
- ☐ Add the egg yolks, 40g sugar and the flour, then whisk until pale and creamy.
- ☐ Pour the cream into a medium-size pan and bring just to the boil. Gradually whisk the cream into the yolk mix. Wipe out the pan, then return the mixture to it. Cook slowly over a low heat, stirring with a wooden spoon until thickened take extra care to stir well at the edges of the pan. Cool, stirring every so often.
- ☐ To assemble the trifle, slice the Swiss roll into 8 pieces and arrange on the base and around the inside of a large glass serving bowl.
- ☐ Sprinkle with the sherry, if using.

- ☐
- Turn the jelly out onto a board and chop with a sharp knife. Scatter the drained cherries and chopped jelly on top of the Swiss roll, then sprinkle over the crushed amaretti.
- ☐
- Pour the cooled custard over the biscuits, then return to the fridge until cold (about 2 hrs). For the topping, whip the cream to soft peaks with 1 tbsp sugar, then spoon or pipe it over the custard. The trifle can be covered and chilled for up to 2 days at this point.
- ☐
- To serve, sprinkle over the pistachios and remaining amaretti. Push back the leaves of the physalis and poke the fruit into the cream.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:7.79, Inflammation Score:-8, Nutrition Score:11.81130432046%

Flavonoids

Cyanidin: 24.55mg, Cyanidin: 24.55mg, Cyanidin: 24.55mg, Cyanidin: 24.55mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 1.22mg, Peonidin: 1.22mg, Peonidin: 1.22mg, Peonidin: 1.22mg Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 634.1kcal (31.71%), Fat: 47.51g (73.09%), Saturated Fat: 26.83g (167.67%), Carbohydrates: 44.1g (14.7%), Net Carbohydrates: 41.1g (14.95%), Sugar: 32.38g (35.97%), Cholesterol: 315.46mg (105.15%), Sodium: 115.12mg (5.01%), Alcohol: 0.58g (100%), Alcohol %: 0.29% (100%), Protein: 11.06g (22.11%), Vitamin A: 1903.54IU (38.07%), Selenium: 14.83µg (21.19%), Vitamin B2: 0.35mg (20.58%), Phosphorus: 182.45mg (18.24%), Vitamin D: 2.69µg (17.91%), Iron: 2.77mg (15.41%), Fiber: 3g (12.01%), Calcium: 119.38mg (11.94%), Vitamin E: 1.65mg (10.99%), Potassium: 382.29mg (10.92%), Vitamin B6: 0.22mg (10.86%), Vitamin B5: 1.02mg (10.23%), Folate: 39.8µg (9.95%), Copper: 0.19mg (9.31%), Vitamin B12: 0.52µg (8.71%), Vitamin B1: 0.13mg (8.52%), Vitamin C: 6.97mg (8.45%), Manganese: 0.17mg (8.3%), Magnesium: 25.91mg (6.48%), Zinc: 0.89mg (5.96%), Vitamin K: 6.11µg (5.82%), Vitamin B3: 0.36mg (1.81%)