

Berry Bottom Trifle

The first known trifle recipe is from that 1376 best seller, "The good huswife's Jewell." It was thick cream flavoured with sugar, ginger, and rosewater. Any dessert that's been around that long must be good. The trifle has evolved since 1376. Now it includes cake, liquor, and custard. I think these are great improvements. Try this dessert and form your own opinion.

Yield: 6 servings

6 pound cake slices
Bourbon or brandy to drizzle (optional)

Berry Compote
16 ounces frozen mixed berries
1 teaspoon corn starch
1 tablespoon water
Sugar, to taste

Whipped Cream Topping
1 cup heavy cream
1 teaspoon vanilla

1/4 cup sugar

Custard
3/4 cup sugar
4 tablespoons cornstarch
1/4 teaspoon salt
3 cups milk
4 egg yolks
4 tablespoons unsalted butter
2 teaspoons vanilla extract

Make berries

- Bring berries to a boil in saucepan (add water if necessary).
- Stir cornstarch into water to make a slurry. Stir cornstarch slurry into boiling berries and cook until thickened.
- Add sugar to taste.

Make Custard

- Thoroughly mix sugar, cornstarch, and salt in heavy saucepan.
- Whisk in milk drop by drop and then in a steady stream; whisk in egg yolks until no flecks of yolk are visible.
- Cook over medium heat stirring constantly and scraping the bottom and sides to avoid burned spots until it reaches a boil. When boil cannot be stirred down, reduce heat and cook stirring for about 3 more minutes.
- Remove from heat and stir in butter and vanilla.
- Cover with plastic wrap directly on surface of pudding and chill.

Make Whipped Cream Topping

- Whip cream to soft peaks
- Stir in sugar and vanilla and continue beating to stiff peaks.

Assemble Trifle

- Put berry compote on bottom of bowl
- Cut 1 slice pound cake into 1/2" cubes and press into berry compote. Drizzle with liquor.
- Layer on custard.
- Top with whipped cream.

