

Fate Traditional Trifle

Ingredients

Prozero Double Cream

200ml Prozero milk

125g unsalted butter

3 good heaped teaspoons (about 15g) corn flour

Fate Sponge Cake

250g Fate Low Protein cake mix

65g soft margarine

125ml pure orange juice or other pure fruit juice

2-3 tablespoons jam, preferably raspberry

Fruit

1 x 400g tin fruit cocktail, peaches or other suitable fruit, drained well or about 400g fresh fruit - strawberries, raspberries, or other summer berries.

Prozero Thick Custard

400ml Prozero milk

8 heaped teaspoons (about 40g) custard powder (not instant mix)

4 teaspoons (about 20g) granulated sugar

Method

Prozero Double Cream

1. Place all the ingredients into a small pan.
2. Place over a gentle heat and stir well. Keep stirring until the mixture starts to simmer and is thickened. Take off the heat.
3. Then, either pour into a tall container and use a hand held stick blender to blend for 30-40 seconds, or pour the cream into a liquidiser and blend for 30-40 seconds.
4. Place into a suitable container and leave to cool.
5. Cover and place in the fridge to chill thoroughly.

Fate Sponge Cake: (either a tray bake, or a swiss roll)

1. Preheat the oven to Gas Mark 5/190°C/375°F.
2. Place the Fate Cake Mix into a mixing bowl.
3. Add the margarine and the water. Mix well for 1 minute and pour it into a greased and lined Swiss Roll tin, or a tray bake tin.

4. Bake for 12 - 15 minutes until risen and firm.
5. Take out of the oven, and immediately turn it out.
6. Remove the paper that lined the tin, and throw it away.
7. If you are making a Swiss roll, spread the cake with jam, roll it up and leave to cool.
8. If you have made a tray bake, then leave to cool, cut it in half, and spread with jam and sandwich the two pieces together. (It doesn't have to be neat)
9. For this trifle recipe, you do not need all of the cake, you will need just under half of it.

Prozero Thick Custard

1. Measure the custard powder and sugar in a small jug or bowl.
2. Stir in about 50mls (4 tablespoons) of Prozero milk. Stir until smooth.
3. Pour the remainder of the Prozero milk into a small pan and place over a gentle heat until it is almost boiling.
4. Immediately pour on to the custard mixture and stir well.
5. Return to the pan and stir constantly until the custard comes back to the boil and is thickened.
6. Take off the heat and leave for about 10 minutes to cool a little, stir a couple of times as it cools.

Putting the Trifle Together

1. In the base of a pretty dish, place a layer of slices of Fate sponge cake with jam, and press down a little.
2. Moisten with a few spoonfuls of suitable fruit juice or sweet sherry, brandy or rum.
3. Add the fruit to the dish on top of the sponge cake.
4. Add the Prozero thick custard. Leave to cool.
5. Meanwhile, place the Prozero double cream into a bowl, and using an electric hand mixer on high speed, whip the cream until it is light and airy. This will probably take 3-4 minutes.
6. Spoon the whipped cream onto the top of the custard. Place into the fridge to chill thoroughly.
7. Just before serving, add a suitable decoration.

This recipe was provided by Fate Speciality Foods.

