



CLONAKILTY

EDWARD'S FESTIVE TRIFLE





Edward's Festive Trifle

Recipe by Chef Edward Hayden

Ingredients

- **Sponge Cake**
- 4 eggs
- 4oz/110g sugar
- 4oz/110g self-raising flour
- **Fresh Egg Custard**
- 6 egg yolks



- ½ pint milk
- ½ pint cream
- ½ vanilla pod
- 1 teaspoon corn flour
- 3oz/75g sugar
- **Garnish**
- 8oz/225g fresh berries (raspberries, strawberries, black currants etc)
- 2oz/50g caster sugar
- 250ml Irish Yogurts Clonakilty High Protein Strawberry Live Yogurt
- 200ml Whipped cream
- 2oz/50g chopped pistachios.
- 2oz/50g grated chocolate

Directions

- **For the Sponge Cake**
- Preheat the oven to 180°C/350°F/Gas Mark 4. Grease and line an oblong (13 x 9 inch) tin with parchment paper
- In a mixing bowl beat the 4 eggs with the sugar for the sponge base. It should become very light and aerated. The whisk should leave a figure of eight pronounced on the surface of the mixture when the whisk is lifted out of it
- Gently fold in the sifted flour with a metal spoon. Be very gentle so as not to knock any of the generated air out of the sponge base but also ensure that all of the flour is incorporated. Pour the mixture into a prepared Swiss roll tin
- Bake for 20 minutes, until well risen and golden brown and take the sponge out of the oven
- **For the Custard**
- Split the vanilla pod length ways and with a small sharp knife scrape out the seeds of one half of the vanilla pod. Put the seeds and the half pod into the milk and cream in a large saucepan. Wrap the remainder of the vanilla pod and retain for later use. Bring milk, cream and vanilla pod to the boil
- Meanwhile in a large spotlessly clean bowl and using a whisk beat the egg yolks, sugar and corn flour together until light and creamy. Spend about 2 minutes on this process.
- Pour boiled milk and cream mixture onto the eggs and mix well
- Return the mixture to the saucepan and cook until the mixture can coat the back of a wooden spoon. It is important to stir the mixture at all times to prevent it from curdling. This process should take no more than 2 minutes on a very gentle heat. Do not allow the mixture to boil at this time. Taste the custard at this stage to make sure that you cannot taste the corn flour. If you can, return to the heat and stir continuously on a low heat for another minute or so
- **Assembly**
- Slice the sponge into cubes and arrange in individual glasses or a large bowl. Sprinkle with some freshly cut fruit/berries as required. Do a few layers of the sponge if you wish



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- Pour the custard over the sponge mixture and allow to cool for a couple of hours or overnight. Cover with a disc of parchment paper or cling film to prevent the formation of a crust
- Mix together the yogurt and whipped cream spread this on the top and sprinkle with some of the grated chocolate and chopped pistachios and a few mixed berries