

# The Boozy British Trifle

Nigella Lawson - "Nigella Christmas"  
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## Servings: 20

8 egg yolks  
2 whole eggs  
1/4 cup superfine sugar  
1 teaspoon vanilla extract  
2 (twelve ounce each) plain pound cakes  
1 jar (12 ounce) strawberry or blackberry preserve  
2 cups cream sherry or sweet sherry  
2 bags (12 ounce each) frozen mixed berries, thawed  
zest of one orange  
2 tablespoons superfine sugar (not needed if using fresh fruit)  
4 cups heavy cream  
2 cups heavy cream  
1/3 cup shelled pistachios  
1 tablespoon crystallized rose petals (for garnish) (optional)

To make the custard: Heat the cream in a large, wide, heavy-based pan. While the pan is heating, whisk the egg yolks, whole eggs and superfine sugar in a bowl.

When the cream is reaching the boiling point (do not actually let it boil) remove it from the heat. Pour over the egg and sugar mixture, whisking as you pour.

Wash out the pan. Pour the uncooked custard back into the pan. Return the pan to the heat. Cook over medium heat, stirring constantly, until it has thickened. (The custard must never boil.) After 10 to 15 minutes, the custard should be thick enough. Pour the custard into a cold, clean bowl. Add the vanilla extract. Whisk briefly to help lower the temperature. Cover the very top of the custard, as well as the bowl, with plastic wrap and set aside to cool.

Begin assembling the trifle: Cut each pound cake into sixteen slices. Make into sandwiches with the preserves. Squidge these into the bottom of your trifle bowl. Pour the sherry over the cake and let it soak in.

Tumble in the berries with a little of their liquid. Grate the zest of the orange over the fruit. Sprinkle with the two tablespoons of superfine sugar if you are not using fresh fruit.

When the custard is cool, remove the plastic wrap. Pour and scrape the custard onto the top of the berries. (It will be soft-set, thickened but far from solid.) Cover the bowl (not the surface of the custard) with fresh plastic wrap. Refrigerate for at least twelve hours or up to two days. (The standing time makes a difference in the flavor.)

When ready to serve, remove the trifle from the refrigerator. Let stand for about one hour. In a bowl, whisk the cream until softly whipped. (You do not want it to merge with the custard, nor do you want it stiffly peaking.) Remove the plastic wrap from the trifle bowl. Spread the whipped cream on top of the custard with a rubber spatula.

Finally, chop the pistachios. Sprinkle over the top of the trifle.

*A trifle bowl should ideally be glass so that you may see the layers from the outside. The proportions vary and, since the point of a trifle is the layers, the dimensions of the bowl being used will determine how the layers build up and the amount of cake which will be required.*

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Per Serving (excluding unknown items): 277 Calories; 29g Fat (92.4% calories from fat); 3g Protein; 2g Carbohydrate; 0g Dietary Fiber; 202mg Cholesterol; 35mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 5 1/2 Fat.

