

NUTRITION: Lazza's Kitchen

Homemade Fruit Trifle

**Lazza is still trying out new recipes
Today - he makes his first ever Trifle**



Sponge: 175g/6oz Butter (softened)
175g/6oz Caster Sugar
175g/6oz Self Raising Flour
3 Eggs

Custard: Cup of Milk
¼ cup of Cornflour
½ cup of Caster Sugar
Double Cream
3 Egg Yolks + Vanilla Essence

Fruit: Your choice of fruits for your taste

Jelly: I used shop jelly for ease

Cream Topping

Double Cream

Your topping: (I had crushed nuts + coconut)

- For the sponge base, place the butter, sugar, flour and eggs in a bowl and mix together thoroughly. Then pour into a well greased tin (you can also line it).
- Bake at 180C for around 40 to 45 minutes. Take out and let it cool.
- Place at base of bowl, then pour whatever fruit you choose over the cake.
- Jelly - I used shop jelly. Mixed with hot and cold water. Then pour that over the fruit and sponge base and chill till set.
- Custard. Mix the cornflour, caster sugar, and egg yolks together.
- In a saucepan put the milk and cream, add the custard mix, and bring to boil, stirring all the time, until it thickens. Add vanilla essence.
- Pour the custard over the set jelly, and allow to cool and set.
- Whisk up the double cream, and you can add taste if you fancy.
- Spread over trifle, and add toppings of your choice to finish.



Wow!! Homemade Trifle
**I made my own sponge for the base.
I did buy the shop jelly you melt with hot
water - using two flavours.
Homemade custard.
Cream mixed with lemon curd to taste.
Then I added crushed hazelnuts to top.
This was very very tasty!!!!**

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.**

Why not try out some new recipes and foods yourself?

This was a great and very tasty dessert to prepare.

I stun myself every week. If I can do it, so can you. Try something new!!!