

# Nigel Slater's delightful trifle

'Trifle is in the right hands. No one knows better than this wonderful gardening cook how to use fruit to its best—plus all else in this beautiful, seminal book'

Rose Prince

## Nigel's delightful trifle

Extract from Nigel Slater's **The Kitchen Diaries**  
Published in 2005 by Fourth Estate

### To serve 6

A trifle so divine that I wish I had made two—the last one to eat alone, in my bathrobe, at breakfast.

### Ingredients

350g plain sponge cake  
A large egg, separated  
2 tablespoons caster sugar  
250g *mascarpone* cheese  
A couple of drops of vanilla extract  
250 ml whipping or double cream  
A few sprigs of blackcurrants and some crystallised violets to decorate

### For the blackcurrant layer

475g blackcurrants  
4 tablespoons of water  
2 tablespoons caster sugar

### Method

Pull the blackcurrants from their stalks and put them in a stainless steel pan with the water and caster sugar. Put them over a low to moderate heat and leave to simmer for seven to 10 minutes, until they are starting to burst. Once there is plenty of purple juice, remove the currants from the heat.

Break the sponge into small pieces and push it into the bottom of a large serving bowl.



A 'wonderful gardening cook': Nigel Slater (above)

Spoon the hot blackcurrants and their juice over the sponge, then leave it to cool. During this time the sponge will soak up much of the blackcurrant juice.

Put the egg yolk and sugar in a bowl and mix well, then stir in the *mascarpone* and vanilla. Whip the cream until it is thick enough to lie in soft folds (rather than stand in stiff peaks), then fold it lightly into the *mascarpone* mixture.

In a separate bowl, beat the

This rich, fruity trifle will bring back memories of childhood treats

egg white until it is almost stiff, and then fold it into the mixture.

Next, spoon the *mascarpone* cream over the cool blackcurrants and sponge. You can smooth it flat or leave it in deep, billowing folds.

Refrigerate for a good hour or so before serving, so that the whole thing has time to come

together. Decorate with fresh blackcurrants and, if you like, crystallised violets.

Rose Prince is a food writer, broadcaster and author of *The Savvy Shopper* and *The New English Table*. Her new book, *Kitchenella*, is published by Fourth Estate, priced at £26

## And to drink...

It's a challenge to find a dessert wine that balances the tartness of the blackcurrants yet doesn't smother the cream and *mascarpone*. The delicate apple-blossom and pear notes of Prosecco are ideal to lift the vanilla, but it's a little too shy on its own to cope with the many layers in this trifle. Add to Prosecco's power by topping up each glass with a healthy splash of cassis and serve a Kir Royale with this pudding. The cassis highlights the blackcurrant layer and adds enough power to the Prosecco to slice through the rich creamy textures. It also looks divine on the table. Try NV Villa Sandi Prosecco Frizzante (£7.49 or £5.99 for two at Majestic) and Crème de Cassis de Dijon Comptoir (£8 at Majestic).

Chosen by Amelia Pinsent.

