

Recipe – Fruit Fool

Equipment

1 small saucepan, 1 large mixing bowl, balloon or electric whisk, large spoon, serving dishes or glasses.

Ingredients

200g soft fruit, such as blackcurrants, rhubarb, gooseberries, raspberries or any mix; fresh or defrosted frozen

150ml double or whipping cream

400-500ml custard, either can or carton

Sugar, if needed

Method

1. If using fresh fruit, wash it and remove any stalks and leaves. Larger fruit like rhubarb should be chopped up into small cubes.
2. Place the fruit in a small saucepan and gently cook over a low heat with a couple of tablespoons of water. Cook until the fruit is soft, 4-10 minutes depending on which fruit you use. Make sure it does not catch (burn), add a little extra water if it starts to become dry. Once cooked set aside and allow to cool.
3. Whipped the cream in a large mixing bowl with a hand or electric whisk. Whip until it thickens, do not overdo it as it will split (separate into fat and whey).
4. Pour the custard into the whipped cream and use the balloon whisk or a large spoon to mix them together. Initially the mix will look like scrambled eggs, do not worry, it will become even and smooth with stirring.
5. Next fold in the cooked fruit and stir until evenly mixed. Check to see if you need to add any sugar, but the custard should sweeten the dessert enough. If needed, add a little sugar at a time (start with a couple of teaspoons) then retaste the mixture. You can always add more sugar, but you can't take it out.
6. Finally divide the mixture evenly between 4 serving dishes, or glasses, and chill for an hour or two before serving.