

recipes from: The Diane Rehm Show

Diane Rehm

Diane's English Trifle

"I first tasted English Trifle forty years ago or more, at the University Club in Washington, and loved it so much I asked the chef for the recipe. He refused! So over the next YEAR, I experimented and tinkered with various recipes. My husband John got pretty sick of eating trifle at least once a month. But I finally worked out a version I was happy with. Now John gets trifle once a year, if that! I'm making it this Christmas for my family."

Needs to be made at least a day in advance!

INGREDIENTS

4 cups milk, scalded and cooled to lukewarm
8 egg yolks, slightly beaten
1/2 cup sugar
1/2 cup cornstarch
1/4 to 1/2 cup brandy
1/2 teaspoon vanilla

2 packages soft ladyfingers
2 large jars strawberry preserves
1/2 cup sherry
2 packages coconut macaroons, crushed. (I flatten them between sheets of wax paper with a rolling pin, but you could also chop them with a knife or in a blender)

1 pint heavy cream, whipped
Slivered almonds

DIRECTIONS

1. STIR egg yolks into pan of scalded and cooled milk, using wire whisk. In a separate bowl, mix cornstarch and sugar, then whisk into the milk-egg mixture. Begin cooking the mixture over medium heat, stirring constantly, until mixture is thickened. Do not allow to boil! Remove from heat, add brandy and vanilla, and cool to lukewarm (about 20 minutes)
2. LINE the bottom of a glass bowl with a layer of ladyfinger halves. Spread a generous layer of jam over the ladyfingers. Cover with a layer of crushed macaroons. Sprinkle with 1/4 cup of sherry. Then pour in half of the custard mixture. Repeat with another layer each of ladyfingers, jam, macaroon crumbs, sherry, and custard. Refrigerate the whole concoction for at least 24 hours.
3. AT serving time, heap whipped cream and slivered almonds on top of the bowl. Show your guests the beautiful finished product, then spoon into serving dishes and enjoy!