

# Blackberry White Chocolate Fool with Toasted Almonds

*From a Phillis Carey cooking class, 5/2012*



- 4 cups blackberries, fresh only
- 1/4 cup sugar, plus 3 tablespoons
- 1/4 cup cassis
- 1 1/2 cups heavy cream, very cold
- 3 ounces white chocolate, melted
- 1/4 cup almonds, toasted and chopped (or hazelnuts)
- Mint leaves for garnish

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 4

1. Place berries in a large bowl. Add 1/4 cup sugar and 2 tablespoons cassis, stir well, and let sit at room temperature for 30 minutes. Remove half of the berries and mash with fork until pureed. Strain the mixture into a bowl.
2. Whip heavy cream, 3 tablespoons sugar, and 2 tablespoons cassis in a large bowl until stiff peaks form. Fold in the white chocolate and strained puree and chill for 1 hour.
3. Layer goblets with berry-cream mixture and whole macerated berries. Sprinkle with chopped almonds and garnish with mint.

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Per Serving (excluding unknown items): 633 Calories; 45g Fat (62.9% calories from fat); 5g Protein; 55g Carbohydrate; 10g Dietary Fiber; 122mg Cholesterol; 38mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 9 Fat; 1 1/2 Other Carbohydrates.