

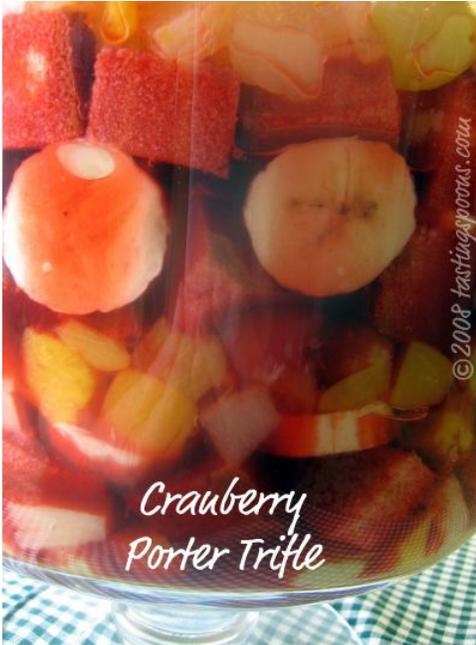
Raspberry Porter Trifle with Chocolate Ganache & Whipped Cream

Carolyn T's
Main Cookbook

Servings: 16

Author: Robert Irvine

Source: Al Dente website - <http://www.aldenteblog.com/2008/12/robert-irvines.html>



Description:

1. Method for the raspberry layer: Dissolve the gelatin and sugar in boiling water. Add the cold water and porter. Loosely cover with a clean paper towel and set aside at room temperature.
2. Method for the crème Anglaise: Pour the milk and heavy cream into a heavy bottomed saucepot and scrape the seeds from the vanilla bean into the pot (or add vanilla extract). (If using a vanilla bean, put the vanilla pod in the pot as well.) Add half the sugar to the pot and bring to a simmer (just below a boil). In a small bowl whisk together the egg yolks and the rest of the sugar and temper it by adding a small amount of the heated milk mixture to the bowl while whisking constantly (known as a liaison). Now pour the liaison (egg mixture) into the milk pot, stirring constantly. You are only heating it. Do not boil. Do not cook. The idea of a liaison is to incorporate the eggs and avoid making them into scrambled eggs! You want the mixture to begin to thicken so it will coat the back of a spoon. Remove from heat and allow to cool, then remove vanilla pod and discard, and refrigerate until chilled.
3. Assembly: Spoon fruit cocktail into each glass as a base layer. Follow with a layer of cubed pound cake, then a layer of sliced bananas. Spoon about 1/3 cup gelatin/porter mixture on top of the fruit and refrigerate for 2 to 4 hours until the gelatin is set.
4. Method for the ganache: A few minutes before serving, make the ganache. Place the chocolate in a small heatproof bowl. Bring the cream to just under a boil in a small saucepan. Pour the cream over the chocolate and let sit for a minute or two. Stir gently with a rubber spatula until the chocolate is melted and smooth. If the chocolate is not melting readily, nest the bowl in another bowl of very hot tap water.
5. Presentation: Spoon crème Anglaise over the chilled trifle and drizzle ganache over. Spoon whipped cream on top to finish. Serve immediately.

RASPBERRY LAYER: (or use cranberry as I did)

- 6 ounces raspberry gelatin powder, or cranberry
- 4 tablespoons sugar
- 2 cups boiling water
- 1/2 cup ice water
- 1 cup Porter, or strong ale (or cream sherry)

CREME ANGLAISE:

- 1 cup milk
- 1 cup heavy cream
- 2 vanilla bean, or vanilla extract to taste (approximately 3 tablespoons)
- 1/2 cup sugar
- 8 whole egg yolks

FRUIT LAYER:

- 2 large cans fruit cocktail (29-to-32-ounces) drained
- 16 ounces Sara Lee pound cake, thawed and cut into 3/4-inch cubes
- 4 whole bananas, sliced and tossed with lemon juice

GANACHE:

- 8 ounces chocolate chips, OR chocolate squares, finely chopped
- 1 1/3 cups heavy cream

TOPPING:

- 1 cup heavy cream, whipped until light and fluffy with an electric mixer

Serving Ideas: May be made in individual glasses (how

the recipe was written) or put into a large, single trifle bowl.

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

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*Per Serving (excluding unknown items): 511 Calories;
31g Fat (53.5% calories from fat); 6g Protein; 55g
Carbohydrate; 2g Dietary Fiber; 239mg Cholesterol;
175mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fruit; 0
Non-Fat Milk; 6 Fat; 3 Other Carbohydrates.*