

# A Trifle for Christmas

By David Larkin

Of course the traditional dessert for Christmas is Christmas Pud, of which I am very fond: but in my family I am over-ruled as everybody else feels that they cannot cope with it after downing a large helping of turkey, stuffing, ham, sausages, mashed potatoes and veggies, not to mention my wife's cranberry dressing as garnish. They have a point. So it has to be something lighter, and a Strawberry Trifle is the popular choice. This recipe originated in a book of recipes put out to support the Winnipeg Symphony Orchestra, and has been altered by us over the years.

## Strawberry Trifle

- 8 oz of sponge cake (Mary Janes or flan case)
- 1/2 cup strawberry jam (home-made, or ED Smith or other good brand)
- 2 cups whipped cream
- 1/2 cup (at least) sweet sherry - ideally Harvey's Bristol Cream
- 2 cups boiled custard
- 1 cup fresh or frozen strawberries
- 1/4 cup candied cherries
- banana and mandarin oranges

Break sponge cake in pieces and, using half the cake, make a layer in bottom of serving dish (glass bowl). Top with jam and half the whipped cream. Pour sherry over it. Add second layer of cake. Spread with a chopped up banana and drained mandarin orange slices. Pour freshly boiled (boil only for an instant) over all. Allow to cool. Then top with remaining whipped cream and garnish with strawberries and cherries.

It's a cop out, I know, but I like to use President's Choice Devon Custard. No Frills have been very good about stocking it but now Garfield Weston, the Grinch, doesn't seem to want them to have it, which means I have to go Loblaws in Kingston, so I stock up each time we go to the city. But you can make your own favourite custard, use Bird's Custard, or use the recipe below:

## Custard for Trifle

- 2 eggs
- 2/3 cup sugar
- 2 cups milk
- 2 Tbspns Custard Powder

- 1 tsp Vanilla Extract or essence
- 1 tsp lemon juice

Beat the eggs and add the sugar. Beat again and when the sugar has been incorporated, add the remaining ingredients, beating well until well combined.

Pour into a large saucepan and heat over medium-low heat, stirring constantly with a wooden spoon. (if the heat is too high, the custard will curdle). Slowly bring the custard to a boil and continue to stir until it thickens (about 10 minutes). Pour on trifle when hot, so that it soaks in.

Merry Christmas! Put yourself in the right mood to listen to Dylan Thomas' *'A Child's Christmas in Wales'* or watch Alastair Sim's *'A Christmas Carol'*.

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and have a happy and  
successful New Year.

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