

From page 17.

(or more) or omit if you like

Bird's Custard powder

2 cups whole milk - cream or Carnation milk

Large container of whipping cream

Walnut halves and red and green glazed cherries.

Slice the jelly roll and put in the bottom of a nice glass bowl (1 some-

times use my punch bowl) Pour the sherry over the jelly roll. Drain the fruit cocktail and spoon over the jelly roll sherry mixture. Make the jello according to the instructions, cool and then pour over the mixture in the bowl. Let this set till firm - can be done a couple of days ahead. Make the custard with the rich milk, cream or Carnation milk, follow directions on the Bird's Custard can; add sugar to taste, usually a small amount (1 tbsp) so the trifle is not overly sweet. Cool the custard before pouring over the trifle mixture. If a skin has formed on the custard, remove with a spoon before using.

Add the custard, whip the whipping cream till stiff; cover the entire concoction with the cream and decorate with lots of walnuts and red/green cherries.

SALLY BILLETT MARKHAM

Old English Trifle

The following recipe was passed on to me by my English Aunt 60 years ago.

Break up eight sponge fingers and four macaroon biscuits, spread with raspberry jam. Soak these in three or four eggcups of sweet sherry for half an hour or until thoroughly soaked into the sponge fingers and macaroons.

Make one pint of fairly thick custard, using a small can of evaporated milk and the rest in cream milk. When the custard has cooled, pour over the ingredients.

When this has completely cooled, spread with fresh whipped cream. Decorate with prepared Jell-O and mandarin oranges.

KATHLEEN ROBINSON AURORA

Dawn's Diabetic Trifle

Here's my trifle recipe for diabetics. It makes about 10 servings, each serving having about 250 calories, so this is more of a treat than an everyday dessert. The approximate choice values per serving are as follows; 1.5 Starch, 1 Fat, 1 Fruit, 1 Milk (skim).

1/2 recipe prepared Chiffon Cake

1 small can sliced peaches in juice, drained

1/2 pint of raspberries or blueberries

1 pkg. of diet raspberry flavoured gelatin (Jello light)

1 pkg. of diet vanilla pudding (Jello Fat Free)

1 pkg. whipped topping (Dream

Whip)

2 1/2 cups of skim milk (for pudding and whipped topping)

2 Tbsp. dietetic raspberry spread

1 tsp. rum extract (optional)

In separate bowls, prepare raspberry gelatin, vanilla pudding and whipped topping according to package instructions.

Break up Chiffon cake into bite-size pieces, and place in bottom of a large glass bowl. Combine raspberry spread with rum extract, and spread onto cake pieces. Cover with half of the peach slices and 1/3 of the berries. Pour 1/2 of the gelatin over the fruit, then 1/2 of the pudding. Layer once more using the fruit, gelatin and pudding.

Top with whipped topping and garnish with remaining berries.

DAWN SCHWARZBAUER MARKHAM

Carmela's English Trifle

1 lb. storebought poundcake

1/2 cup sherry

1/2 cup raspberry puree

2 ripen bananas

1 pint strawberries, sliced (leave 5 whole for garnish)

1 pint blueberries

1/2 cup toasted, sliced almonds

3 cups vanilla custard

2 cups 35 per cent whipping cream

Slice half the pound cake to fit bottom of trifle bowl.

Drizzle with half of both raspberry puree and sherry.

Cover pound cake with half the custard.

Arrange half of fruit over custard. Repeat process with rest of ingredients, reserving some fruit for garnish.

Whip 35 per cent cream and pour over custard.

Garnish with whole strawberries, blueberries and toasted almonds

Chill for two hours. Serves 6.

CARMELA TALLMEISTER UNIONVILLE

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Mike Bilsky

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