


GOURMET ON-THE-GO

EAT, SLEEP, CRAVE, REPEAT

Give your trifle a modern makeover

The retro dessert trend marches (or should we say wobbles?) on with trifle, ice-cream sandwiches and baked Alaska now regular features on the coolest menus. In fact, sales of jelly at Waitrose were up 45% last year and even culinary boundary-pushers Bompas & Parr got in on the action, with a jelly pop-up at Harrods featuring everything from chartreuse to champagne. The key to keeping things modern is to bring more grown-up flavours to the mix. Don't worry, we're not asking you to copy Heston and chuck bacon and banana in your dessert. Stay with the seasons by making this striking blood orange and chocolate trifle, or opt for Monica Galetti's boozy cherry and amaretti version. 

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**CHERRY AND
AMARETTI TRIFLE**



**BLOOD ORANGE AND
DARK CHOCOLATE TRIFLE**



Blood orange and dark chocolate trifle

Preparation time:

20 minutes, plus refrigeration time

Cooking time:

50 minutes

INGREDIENTS (serves 6-8)

For the blood orange jelly: ♦ 3 x 5g gelatine leaves ♦ 250ml blood orange juice ♦ 115g caster sugar

For the chocolate sponge: ♦ 4 eggs ♦ 115g caster sugar ♦ 100g plain flour ♦ 1 tbsp unsweetened cocoa powder

For the custard: ♦ 2 egg yolks ♦ 3 tbsps caster sugar ♦ 1 tbsp plain flour ♦ 500ml milk ♦ 1 tsp vanilla extract ♦ 2 tbsps Grand Marnier

To assemble: ♦ 2 tbsps Grand Marnier ♦ 4 blood oranges, cut into segments ♦ 300ml whipping cream ♦ Grated dark chocolate, to serve

METHOD

Step 1: To make the jelly, soak the gelatine leaves in cold water for 5 minutes, or until softened. Remove from the water and squeeze gently to remove excess liquid before using. Put the juice, sugar and 325ml water in a saucepan and bring to the boil. Remove from the heat. Add the gelatine leaves and stir until dissolved. Strain into a large glass bowl and refrigerate until set.

Step 2: To make the sponge, preheat the oven to 180°C/350°F/Gas Mark 4. Grease a 20cm x 30cm baking tin and line the sides and base with baking paper. Beat the eggs and sugar together until very thick and light. Sift the flour and cocoa powder and carefully fold into the egg mixture, then spoon into the prepared tin. Bake for 15-20 minutes. Test the cake by pressing the centre lightly with your fingertips; it should feel firm and bounce back. When cooked, remove from the tin and allow the cake to cool on a wire rack.

Step 3: To make the custard, beat the egg yolks and sugar together until pale, then stir in the flour until smooth. Put the milk and vanilla in a saucepan and bring to the boil. Whisk the hot milk into the egg mixture, then pour into a clean saucepan. Cook the custard over low heat and stir constantly as it comes to the boil and thickens. Remove from the heat and add the Grand Marnier. Set aside to cool.

Step 4: To assemble the trifle, lay slices of the sponge over the top of the jelly and sprinkle the remaining Grand Marnier over the top. Scatter the orange segments over the sponge, reserving some for garnish. Spoon the custard over the sponge and fruit, and put in the refrigerator to set.

Step 5: When ready to serve, whip the cream and layer on top of the trifle, garnishing with the reserved blood orange and grated chocolate.

From *Harvest* by Emilie Guelpa (£15, Hardie Grant), out now



Cherry and amaretti trifle

Preparation time:

20 minutes, plus refrigeration time

Cooking time:

30 minutes

INGREDIENTS (serves 8-10)

For the jelly: ♦ 100g caster sugar ♦ 100ml water ♦ 250ml kirsch ♦ 1 star anise ♦ 1 cinnamon stick ♦ 3 crushed cardamom pods ♦ 4 bronze gelatine sheets

For the vanilla custard: ♦ 1 vanilla pod, split ♦ 100ml whole milk ♦ 400ml double cream ♦ 60g caster sugar ♦ 6 large egg yolks

For the cherry compote: ♦ 250g cherries, pitted and halved ♦ 100g cherries, soaked for 30 minutes in kirsch ♦ 60g caster sugar

For the cream: ♦ 1 vanilla pod, split lengthways ♦ 500ml whipping cream ♦ 30g caster sugar

To assemble: ♦ 500ml Marsala wine ♦ 2 tbsps caster sugar ♦ 500g amaretti biscuits ♦ Handful of fresh cherries, pitted and halved

METHOD

Step 1: For the jelly, heat the sugar and water in a pan until dissolved, then add the kirsch and spices and bring to the boil. Take off the heat and let sit for 10 minutes. Put the gelatine in iced water and, once soft, squeeze out excess water. Mix the gelatine with the hot liquid, then strain. Line a tray with cling film and pour the liquid in, 2cm deep. Put into the fridge to set.

Step 2: For the custard, scrape the seeds from the vanilla pod and put both the seeds and pod in a saucepan with the milk and cream. Slowly bring to the boil and set aside. Whisk the sugar and yolks together in a bowl, then add to the hot mixture. Remove the pod and heat gently, whisking until it thickens. Cool and refrigerate.

Step 3: For the compote, put the cherries and sugar in a pan and cook until soft. Set aside.

Step 4: For the whipped cream, scrape the vanilla seeds into a bowl with the whipping cream and sugar. Whip until soft peaks form.

Step 5: Place a layer of compote in the bottom of a trifle bowl. Soak a few amaretti biscuits in the Marsala and sugar, then place on top. Cut the jelly into cubes and scatter over the amaretti, then cover with custard and cream. Add another layer of each then pipe a thick layer of cream on top. Top with crushed amaretti and cherries.

From *The Skills* by Monica Galetti (£20, Quadrille), out now

THE TASTE MAKERS

THE BOOK

For *The Really Quite Good British Cookbook* (£25, Nourish Books), William Sitwell asked 100 of the country's favourite chefs, from Nigella to Mark Hix, to share the recipes they cook for the people they love. It's a beautiful collection, illustrated by pop art legend Sir Peter Blake to boot.



THE SNACK

Livia's Kitchen's new Bicky Boms (£4.99 for six, liviaskitchen.co.uk) passed the *Stylist* 4pm snack test with flying colours. The chocolate-

coated oat biscuit balls are filled with gooey dates and are naturally sweet, filling and vegan-friendly.

THE GADGET

Sainsbury's is snapping at the heels of the biggest name brands with its latest cookware collection. Sturdy cast iron pans from the new Restoration range start at just £20 (sainsburys.co.uk) and come in vibrant cherry red or blue.



BRIGHTEN UP YOUR DAY AT LONDON'S CINNAMON BAZAAR

THE RESTAURANT

It's always the sign of a good meal when conversation stops and involuntary mmm-ing takes over. Cinnamon Bazaar in London's Covent Garden is one such place. Sister to the renowned Cinnamon Club, this is wipe-the-plate-clean modern Indian cuisine. The menu is huge, so sharing is best. We loved the double-cooked pork belly and aloo tikka chaat.

THE TOAST TOPPER

Moose Maple Butter (£5.49, Selfridges) is everything you'd hope it would be: rich, sweet and a dream slathered on crumpets. If you can't make it to Selfridges, simply mix 225g softened butter with 4 tbsps maple syrup and a pinch of salt and spread away.

