

# RASPBERRY & PEACH TRIFLE

Source: The Art of Simple Food II Alice Waters

Prepared by: Lauren O'Dell Patton

Serves: 8

Measure the inner diameter of the 6 cups or jars you are using. Cut 18 circles from:

**1/3 sheet Sponge Cake (recipe follows)**

If using 1 large bowl, cut 2 circles. Combine in a nonreactive bowl:

**2 ½ cups raspberries**

**1 to 2 tablespoons sugar**

Look for and discard any moldy or blemished berries as you put them in the bowl. Let the berries and sugar sit for 10 minutes or so to macerate.

Peel and cut into 1/2inch dice:

**3 ripe peaches**

Gently toss with:

**1 to 2 tablespoons sugar**

Measure:

**2 ¼ cups Noyau Crème Anglaise (recipe follows)**

Put 1 tablespoon crème anglaise in the bottom of each glass or jar. Place a round of sponge cake on top of the crème anglaise and spoon 3 heaping tablespoons raspberries and 2 tablespoons peaches on top. Pour 2 tablespoons of the crème anglaise on top of the peaches and place the second round of cake on top. Spoon on raspberries and peaches as before and pour over 1 tablespoon crème anglaise. Place a third round of cake on top and pour a final 2 tablespoons crème anglaise on top of the cake. Cover and chill.

The trifle can be made in the morning to serve that evening, or it can be served the next day.

Before serving, garnish with:

**Fresh peach slices and berries**

For a large trifle, cut 2 circles of sponge cake. Pour ½ cup crème anglaise into the bowl, add the cake and half of each fruit, as above. Pour over ¾ up custard. Make a second layer of fruit and pour ½ cup custard over it, add the second layer of cake and pour over the last ½ cup custard.

Sponge Cake

Makes one 12- x 18-inch rectangular cake

Preheat the oven to 350 F.

Butter a half-sheet pan (12 x 18 inches) and line the bottom with parchment paper. Butter the parchment paper and dust the pan with flour, shaking out the excess.

Separate:

**5 eggs, at room temperature**

Sift together:

**1 ½ cups cake flour**

**½ teaspoon baking powder**

**¼ teaspoon salt**

Put the yolks into a mixing bowl and whip for 5 minutes until light in color. Add:

**½ cup cold water**

**½ teaspoon vanilla extract**

**1 ¼ cups sugar**

Continue whipping for 5 minutes more. The mixture will form a faint ribbon when the whisk or beater is lifted. Whip the egg whites into soft peaks with:

**½ teaspoon cream of tartar**

Gently fold the flour mixture into the egg yolks. When the flour is incorporated, gently fold in the beaten egg whites. Pour the batter into the prepared pan, smooth the top, and bake for 15 to 20 minutes, or until the cake is lightly brown and begins to pull away from the sides of the pan. Let cool completely. The cake can be made 1 or 2 days ahead, wrapped well, and held at room temperature. It also freezes well.

Noyau Crème Anglaise

Makes 2 ¼ cups

Separate:

**3 eggs**

Reserve the whites for another purpose. Whisk the yolks just enough to break them up. Pour into a heavy-bottomed pot:

**2 cups half-and-half**

**2 tablespoons sugar**

**8 apricot kernels, chopped**

Set a strainer over a heat-proof bowl. Heat the half-and-half over medium heat, stirring occasionally to dissolve the sugar. When hot, turn off the heat and leave to steep for 20 minutes. Reheat the half-and-half, whisk a little into the egg yolk, and then whisk the yolks into the hot half-and-half. Cook over medium heat, stirring slowly, until the mixture thickens just enough to coat the back of the spoon (about 170 F). Do not let it boil. Remove from heat, stir, and strain. Crème anglaise can be made in advance and kept in the refrigerator for 2 or 3 days.

