



Blue Talon Bistro

# STRAWBERRY TRIFLE<sup>©</sup>

by Chef David Everett

~ serves 6 - 8 ~

## INGREDIENTS

3 1/2 cups	Milk (partly skim or whole)
1/3 cup + 3 Tbsp	Granulated white sugar
1/4 cup	Cornstarch (corn flour)
1/8 teaspoon	Salt
2 ea. + 1 yolk	Lg Whole Eggs
2 tspns	Pure Vanilla Extract
1 Tbsp	Unsalted Butter
2 pints	Fresh Local Strawberries

(Pound Cake or White Cake, cut into small slices)

**Cooked Vanilla Custard:** In a large stainless steel (or heatproof) bowl whisk together the 1/3 cup (65 grams) sugar, cornstarch, salt, eggs, and egg yolk. Whisk in 1/2 cup (120 ml) of the milk. Set aside while you heat the rest of the milk and sugar. Have ready a fine medium-sized strainer and bowl as you will need to strain the pudding after it is cooked.

First, rinse a medium-sized heavy saucepan with cold water and then shake out the excess water. Doing this step prevents the milk from scorching. Then pour the remaining 3 cups (720 ml) of milk, along with 3 tablespoons of sugar, into the saucepan and bring just to a boil. Gradually pour the hot milk into the egg mixture, whisking constantly, until the mixture is smooth. Transfer the pudding mixture to a clean large, heavy bottomed saucepan and place over medium-low heat. Cook, stirring constantly, until the mixture thickens to the consistency of mayonnaise (about 2 minutes). Remove from heat and whisk in the butter and vanilla extract. Pour through the strainer to remove any lumps that may have formed during cooking. Cover and place in the refrigerator to chill for an hour or two (or even overnight).

**To Make Strawberry Trifles:** Take 6 or 8 bowls or wine glasses (depending on size) and place a small slice of pound cake or white cake in the bottom of each trifle glass. Spoon a little of the custard over the cookies. Slice the strawberries and place a layer of them over the custard in each bowl. Place another layer of custard and strawberries, then finish off with a layer of custard. The puddings can be eaten right away or placed in the refrigerator for several hours. Just before serving garnish each pudding with dollops of softly whipped cream, and slices of strawberries.