

None Jelly Trifle

This is a popular and easy recipe, but does involve boiling milk, so make sure your adult helper (*yes, the adult is helping you for this one*) is around for that part.

You will need:-

1 tin of fruit cocktail

Trifle sponges or sponge fingers

1 tablespoon of custard powder

1 tablespoon of sugar

500 ml of milk

200 ml of double cream

1 small chocolate flake bar

A heatproof bowl and a medium saucepan

Break the sponge into the heatproof bowl and pour the fruit cocktail and all its juice over the top making sure all the sponge gets nicely covered.

Put the milk into the saucepan keeping about one third back to use in a minute.

Slowly bring the milk to the boil. (*Do it slowly or the milk could burn and keep an eye on it all the time or it could boil over*).

Add the custard powder and sugar to the milk you had left over and stir until everything is mixed in and it is nice and smooth.

Add all this to the boiling milk and carry on stirring until the whole mixture is smooth and then remove from the heat and turn the heat off. (*We won't need it any more*).

Pour over the fruit and leave it to cool down. As it cools the custard will set and thicken.

Put the cream into a bowl and whisk it until it thickens up. You will know when you have done it enough as when you take out the whisk, the cream follows it and forms into a pointed peak.

When the custard has cooled down, spoon the cream over the top and then crush up the chocolate flake and sprinkle that on.