

## *Scottish Trifle*



Scottish Trifle, or Topsy Laird to the Scots, is a softer, more flavourful version of the traditional trifle. No doubt the Topsy is a descriptive word for how one may feel after eating this rich Drambuie flavoured dessert. It is prepared with sponge cake, ratafia biscuits, custard and our Sun Dried Cherry and Maple Cappuccino sauces. To save time the sponge cake and ratafia biscuits can be purchased, but we've provided recipes for each so that you can make your own. The trifle should be made 24 hours before serving. Perfect for holiday entertaining or Robbie Burns Dinner! Serves 8 generous portions.

### *ingredients*

<b>One recipe</b>	Sponge cake, cut in 2" cubes (recipe below)
<b>1 cup</b>	<b>Sun Dried Cherry Sauce</b>
<b>1/2 cup</b>	<b>Maple Cappuccino Sauce</b>
<b>1 cup</b>	Ratafia Biscuits, crumbled (recipe below)
<b>1 cup</b>	Drambuie
<b>2 cups</b>	Custard Sauce, (recipe below)
<b>1/2 cup</b>	Raspberries, fresh
<b>1/2 cup</b>	Blackberries, fresh
<b>1/2 cup</b>	Blueberries, fresh
<b>1 cup</b>	Whipping cream, unwhipped
<b>1/4 cup</b>	Almonds, slivered and toasted

### **FOR SPONGE CAKE**

<b>3/4 cup</b>	Cake flour, sifted
<b>1 tsp</b>	Baking powder
<b>1/4 tsp</b>	Salt
<b>4</b>	Eggs, large, separated
<b>3/4 cup</b>	Sugar, white, granulated
<b>1 tsp</b>	Vanilla, pure
<b>1/4 tsp</b>	Cream of tartar

### **FOR RATAFIA BISCUITS**

<b>3</b>	Egg whites
<b>1/8 tsp</b>	Salt
<b>1/2 tsp</b>	Cream of tartar
<b>3/4 cup</b>	Sugar, white, granulated
<b>2 cups</b>	Almonds, ground

### **FOR CUSTARD SAUCE**

<b>2 cups</b>	Whole milk or 10% cream
<b>6</b>	Egg yolks
<b>1/4 cup</b>	Sugar, white, granulated
<b>1 tsp</b>	Vanilla, pure

### *instructions*

### **FOR SPONGE CAKE**

1. Preheat oven to 375°F. Grease a 15 ½”x 10 ½” x 1” jelly-roll pan. Line with parchment paper. Lightly grease again and sprinkle with a light coat of flour. Shake away any excess flour.

2. Sift the flour, baking powder and salt together. Then sift again!

3. In a large mixing bowl, beat the egg yolks until thick and lemon coloured, approximately 5 minutes. Gradually add ½ cup of the granulated sugar and beat until fluffy. Blend in the vanilla and beat for 5 minutes. Stir in half of the sifted flour mixture and mix until blended. Add the remaining flour mixture and mix until blended. The batter will be thick.

4. In another bowl, beat the egg whites until foamy. Add the cream of tartar and beat until soft peaks form. Gradually add the remaining ¼ cup of sugar. The egg whites should hold stiff peaks and be moist. Stir 1/4 of the egg whites into the batter to create a sponge texture. Then gently fold the remaining egg whites into the batter. Spoon the batter into the prepared pan and evenly spread it to the corners of the pan.

5. Place in the middle of the bottom rack of the preheated oven. Bake for 15 – 20 minutes, or until the cake is golden and the top of the cake springs back when lightly pressed with a finger. Remove the cake from the oven and turn it onto a cooling rack. Allow to cool to room temperature. Cut into 2” pieces.

### **FOR RATAFIA BISCUITS (ALMOND MACAROONS)**

Makes approximately 3 dozen cookies

1. Preheat the oven to 200 F. Place a silpat or parchment paper on a cookie sheet and set aside.

2. In a large mixing bowl, using a whisk or egg beater, beat the egg whites until foamy. Add the salt and cream of tartar and continue beating until stiff. Gradually beat in the sugar, until the egg whites hold in stiff peaks. Carefully fold in the ground almonds.

3. Drop the batter onto the lined cookie sheet. The cookies do not rise or spread much, so they can be placed fairly close together – but not touching.

4. Bake for 1 to 1-1/4 hours or until just slightly browned. Allow to cool, then carefully peel off the paper. Repeat with the remaining batter.

### **FOR CUSTARD SAUCE**

1. Beat the egg yolks and sugar together.

2. In a saucepan on medium, heat the milk until it is scalding. Remove the saucepan from the burner.

3. Add ¼ cup of the hot milk to the egg mixture. Beat the mixture on medium speed in a mixer, or as fast as you can with a whisk. Continue slowly adding the warm milk to the egg mixture until all the milk has been beaten into the eggs. Transfer the mixture back to the saucepan. Cook over medium low heat, stirring constantly, until the mixture thickens enough to coat the back of a spoon. This will take 5 – 7 minutes. Add the vanilla and stir.

4. Pour the mixture through a fine mesh sieve into a clean bowl. Sprinkle sugar lightly over the top, or place a piece of plastic wrap directly on top of the custard to prevent a skin from forming. Cool and place in the fridge until it is time to assemble the trifle (up to 3 days.)

### **ASSEMBLY**

1. Place half the diced sponge cake in the base of an 8 cup glass bowl. Spread half the Sun Dried Cherry Sauce over the cake. Spread crumbled cookies evenly over the top. Drizzle the Maple Cappuccino sauce over the cookies. Arrange half of the raspberries, blueberries and blackberries over the cookies. Create another layer of cake, Sun Dried Cherry Sauce, cookies, raspberries, blueberries and blackberries

2. Drizzle the Drambuie evenly over the cake mixture. Spoon the custard sauce evenly over the top. Cover and chill for 24 hours.

3. Just before serving, whip the whipping cream in a bowl, beating until the cream holds soft peaks. For added flavour stir in 1 tsp Drambuie. Put the whipped cream on top of the trifle. Garnish with toasted slivered almonds. Serve immediately.