

Foodnity Recipes

Best Ever Trifle Recipe

Layered trifle with custard, fruit, and fluffy cake.

20 min Prep time	**15 min** Cook time	**35 min** Total time
8 Servings	**Easy** Difficulty	**British** Cuisine

Ingredients

Custard

- [ ] 2 cups whole milk
- [ ] 4 large egg yolks
- [ ] 1/3 cup granulated sugar
- [ ] 3 tbsp cornstarch
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp honey

Layers

- [ ] 1 pound sponge cake, cut into 1-inch cubes
- [ ] 2 cups mixed fresh berries (strawberries, blueberries, raspberries)
- [ ] 1 cup heavy whipping cream
- [ ] 2 tbsp powdered sugar
- [ ] Zest of 1 lemon

Instructions

1. In a saucepan, whisk together milk, sugar, and cornstarch. Heat over medium, stirring until it begins to thicken.
2. Temper egg yolks with a ladle of the hot mixture, then whisk back into the pot. Cook gently until the custard coats the back of a spoon, then stir in vanilla and honey. Cool completely.
3. While custard cools, whip the cream with powdered sugar until soft peaks form; set aside.
4. In a large glass bowl, start layering: a base of cake cubes, drizzle with a spoonful of custard, add a handful of berries, then a curl of whipped cream. Repeat layers, finishing with whipped cream, lemon zest, and a final scattering of berries.
5. Cover and refrigerate for at least two hours before serving.

Nutrition per serving

340 kcal	6 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using store-bought cake, toast lightly to add a subtle caramel note.
- Allow the custard to reach room temperature before layering for even absorption.
- For extra depth, mix a splash of black forest trifle liqueur into the custard.