

Foodnity Recipes

# Boston Cream Pie Trifle

A luscious layered dessert that captures the classic Boston cream pie in a trifle form.

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| **20 min**<br>Prep time | **20 min**<br>Total time | **6**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | |

## Ingredients

### Custard

- [ ] 2 cups whole milk
- [ ] 1/2 cup granulated sugar
- [ ] 4 egg yolks
- [ ] 1/4 cup cornstarch
- [ ] 1 vanilla bean, split and scraped (or 1 tbsp pure vanilla extract)
- [ ] 2 tbsp unsalted butter

### Chocolate Ganache

- [ ] 1 cup semi-sweet chocolate chips
- [ ] 3/4 cup heavy cream
- [ ] 1 tsp unsalted butter

### Trifle Base

- [ ] 1 pound sponge cake, cut into 1-inch cubes
- [ ] 1 1/2 cups whipped cream
- [ ] 2 tbsp powdered sugar
- [ ] 1 cup fresh berries (strawberries, raspberries, or blueberries)
- [ ] Chocolate shavings for garnish

## Instructions

1. In a saucepan, heat milk and vanilla bean (or extract) until just simmering; remove from heat.
2. Whisk sugar, egg yolks, and cornstarch together; slowly pour the hot milk while whisking constantly to temper the eggs.
3. Return the mixture to the stove over medium heat, stirring until it thickens and bubbles lightly. Remove, stir in butter, and let cool completely.
4. Meanwhile, heat cream until simmering, pour over chocolate chips, let sit 1 minute, then whisk until smooth. Add butter and let the ganache soften.
5. Fold powdered sugar into whipped cream until stiff peaks form.
6. In a clear trifle bowl, start with a layer of cake cubes, drizzle with cooled custard, add a dollop of whipped cream, and sprinkle berries. Repeat layers, ending with a glossy ribbon of chocolate ganache.
7. Garnish with chocolate shavings and a few extra berries. Chill for at least 1 hour before serving.

## Nutrition per serving

| 420 kcal | 6 g | 45 g | 22 g |
| --- | --- | --- | --- |
| Calories | Protein | Carbs | Fat |

### Tips & notes

- For a richer custard, replace half the milk with heavy cream.
- If you prefer a firmer texture, let the custard set in the fridge for 15 minutes before layering.
- Adjust sweetness by tasting the custard before it thickens.