

Foodnity Recipes

English Trifle Recipe

A timeless English trifle combining sponge, custard, fruit and whipped cream for a refined dessert experience.

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

Ingredients

Base

- [ ] 1 pound (450g) plain sponge cake, cut into cubes
- [ ] 1/2 cup (120ml) sherry or orange juice

Custard

- [ ] 2 cups (480ml) whole milk
- [ ] 4 large egg yolks
- [ ] 1/3 cup (65g) granulated sugar
- [ ] 3 tbsp cornstarch
- [ ] 1 vanilla bean, split and scraped

Fruit Layer

- [ ] 2 cups mixed fresh berries (strawberries, raspberries, blueberries)
- [ ] 1 tbsp honey (optional)

Whipped Cream

- [ ] 1 cup (240ml) heavy cream
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp vanilla extract

Garnish

- [ ] Fresh mint leaves
- [ ] Grated nutmeg

Instructions

1. In a shallow bowl, pour the sherry (or juice) over the sponge cubes; gently toss and let sit for 10 minutes to absorb.
2. Meanwhile, whisk milk, vanilla bean seeds, and the pod in a saucepan. In a separate bowl, beat egg yolks, sugar, and cornstarch until pale. Gradually whisk the hot milk into the yolk mixture, return to the saucepan, and cook over medium heat, stirring constantly, until thickened and glossy. Remove the vanilla pod and cool completely.
3. Place a layer of soaked sponge cubes at the bottom of a clear glass bowl. Spoon a generous layer of custard over the cake, then scatter a handful of berries. Repeat layers, ending with custard on top.
4. Whip the heavy cream with powdered sugar and vanilla until soft peaks form. Spread the whipped cream over the final custard layer, smooth with a spatula, and garnish with remaining berries, mint leaves, and a light dusting of nutmeg.
5. Cover the bowl with plastic wrap and refrigerate for at least one hour before serving.

Nutrition per serving

320 kcal	6 g	45 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer flavor, replace half the milk with half-and-half.
- If you prefer a less sweet trifle, reduce the sugar in the custard and whipped cream.
- Layering in a clear trifle bowl showcases the beautiful colors; a regular dish works too.