

Raspberry Fool



Serves 4 Prep 15 mins

Chilling 1h minimum Easy

Ingredients

200g raspberries
40g icing sugar
2 tbsp cherry brandy (optional)
3 tsp powdered gelatine
125ml double cream
2 egg whites

For a special occasion serve this dessert in chocolate cups. They can be bought from most supermarkets.

1. Reserve 4 raspberries for decoration and put the remainder in a food processor. Add icing sugar and blend to a puree. Sieve to remove the seeds. This puree can be frozen for up to 7 months.
2. Mix the cherry brandy (if using) with 1 tbsp cold water. Otherwise just sprinkle the gelatine on 3 tbsp of cold water. Put the bowl over a pan of hot water and stir until the gelatine dissolves. Stir into the puree.
3. Whisk the cream until it forms soft peaks. Fold into the puree. Chill for 5 -10 mins until the mixture thickens.
4. Whisk the egg whites until stiff and fold into the puree.
5. Spoon the mixture into individual dishes. Chill for about 1h until set. Decorate and serve.