

Here's a simple layering of almost all the trifle components, where just the sponge or ladyfingers are left out. Perfect for when you have someone who can't eat the cake!

Trifle Parfait

4 parfaits ~ four pretty 8 oz glasses

Ingredients

9 T Apricot preserves (jam)
3 T Grand Marnier (optional)
1 c Whipped cream
1 T Sugar
½ t Vanilla
⅛ t nutmeg
1 c prepared Custard pudding
2 T toasted almonds

Directions

Thin the apricot preserves by heating gently in the microwave on 50% power for 10 seconds at a time, until thinned but not too hot.

Mix the Grand Marnier with the thinned preserves.

Using only half of the preserve mixture, divide equally between the four glasses, being sure to cover the base of the glass.

Whip the cream until thickened, sprinkle in the sugar and nutmeg and continue beating until firm peaks form.

Using only half of the whipped cream, divide it equally between the four glasses.

Carefully spreading it over the layer of preserves.

Using only half of the custard, again divide it equally between the four glasses, covering the whipped cream.

Follow with the final layer of preserves on top of the custard.

Spread the remaining custard directly on top of the preserves, so that the layer of preserves is sandwiched between the custard.

Finally, top the custard with the remaining whipped cream. The top surface of the whipped cream can be left with a few spoon marks instead of spreading it flat.

Cover each glass with plastic wrap and let set chilled for 4 hours.

To serve: remove the wrap and sprinkle each with an equal amount of the almonds.

Note: replace the Grand Marnier with orange juice if serving without alcohol.

Use a custard pudding recipe, not a sauce recipe, or if you're short of time, use Bird's Custard powder (a traditional trifle custard).

If you are making a trifle, and just need one parfait for a guest, use some of the custard & whipped cream that you are using for the main trifle. No one will know that it's missing.

Farmhouse Cook 2014