

Trifle Turned Vegan and Gluten Free

For the Sponge Ingredients

1¼ cups almond meal
1¼ cups gluten free flour
2 tsp baking powder
1 tsp apple cider vinegar
½ cup rice malt syrup or maple syrup
¼ cup vegan butter or sunflower oil
200ml almond or soymilk

Method

1. Place the dry ingredients in a mixing bowl and whisk through to get out any lumps.
2. Mix all of the wet ingredients together in another bowl.
3. Fold the dry ingredients into the wet ingredients.
4. Place on a baking paper lined tray. The shape or size is not important as you will be breaking up the sponge.
5. Bake in a 160°C oven for 15 minutes or until a skewer comes out clean.
6. Place on a wire rack and let cool down completely.
7. When cool divide the sponge between individual trifle glasses or put in one big trifle bowl.

For the Jelly Ingredients

1¾ cups apple or apple and pear juice
5 cups fresh strawberries or one packet frozen berries
2 tsp rice malt syrup or more if you like sweeter
1 tsp agar powder

Method

1. Add ¾ of a cup of apple juice to a blender with the defrosted berries or fresh strawberries and blend until smooth.
2. Strain this mixture through a sieve.
3. Place the 1 cup of apple juice in a saucepan and bring to boiling point. Add the agar and whisk.
4. Reduce the heat and let simmer for 5 minutes whisking the whole time.
5. Pour this into the blended apple juice and fruit.
6. Let cool a little then pour over the sponge.
7. Place the sponge and jelly in the fridge to let sit. It will take a few hours and wont go completely hard like normal jelly.

For the Custard Ingredients

2 cups of plant based milk (almond or rice works really well)
2 tbsp maple syrup or rice malt (more if you like it sweeter)
2 tsp vanilla extract or the seeds of 1 vanilla pod
4 to 6 tbsp corn starch
Pinch salt

Method

1. Place 1½ cups milk into a saucepan and add the sweetener, heat the milk until just under boiling point..
2. Add the remaining milk to a Pyrex jug and stir in the corn flour until very smooth, add the salt and stir.
3. Pour the warm milk into the jug and stir, then place everything back into the saucepan.
4. Cook over a medium heat until the custard thickens. Stir in the vanilla.
5. Let cook a little then pour over the sponge and jelly and place in the fridge to set completely.

Cashew Cream Ingredients

1 cup soaked cashews
Beans of ½ pod vanilla
1 tbsp rice malt syrup or more if you wish
1/4 to 1/3 cup water

Method

Place everything in a blender and blend until completely smooth. Spoon this onto the custard and then decorate.

Decorations

Fresh fruit
Shaved chocolate
Mint leaves (chocolate tipped ones would be even better)

