

Extension

Seasonal Eating Whitney Danhof, Extension Agent

Layer a Trifle for Summer June 2014

It was a sad day last week when I checked the Forgie's Fruit Farm website to see when the cherries would be ready over in Marshall County. What I learned was that they lost their entire crop to the cold weather this spring. No local cherries (the good news was that the peaches are fine). Cherries are my favorite fruit and last year I bought several quarts to enjoy. I made cherry salad and cherry pancakes and just ate them like popcorn. I was totally looking forward to the cherry season, which usually only lasts for about a week.

So I guess we'll just have to get our cherries at the grocery store this year. I bought some California cherries the other day and while a little on the expensive side they had good flavor. This year I was inspired to create a trifle with the cherries. Actually, the inspiration came from spumoni ice cream. Spumoni, that Italian specialty with its layers of chocolate, pistachio and cherry, is also one of my favorites. I left off the chocolate but combined layers of angel food cake, cherries, pistachio pudding, whipped topping and chopped pistachio nuts.



Trifle is a perfect summer dessert with its cold, creamy, light layers. It's beautiful when layered in a clear trifle dish or bowl. All the colors of the layers show through like a rainbow. It's a little messy on the plate when served but the luscious flavors and creamy texture permeated by the crunchy, salty pistachios more than make up for the appearance. It's just the right ending for a hearty grilled steak or barbecued chicken dinner.

The trifle is also easy to adapt for special dietary needs. You can use sugar free pudding or lite whipped topping. Sugar free preserves and sugar substitutes can also be used. So substitute as desired to meet your needs.

This month check out the cherries at the grocery store and we'll look forward to the fresh peaches later this summer. Watch for the Bedford County Farmers Market to open this month and enjoy the fresh, local produce.

For more ideas on using seasonal produce, visit the Bedford County Extension website (<https://extension.tennessee.edu/bedford>) and click on Seasonal Eating. The Seasonal Eating Cooking Demonstration on "Farmers Market Opening" will be held on June 18 at 12:00 noon at the Extension Office. Call the Office at 684-5971 to sign up and bring \$7.00 to class to cover the samples.

Pistachio Cherry Trifle

1 ½ pounds fresh red cherries, pitted and cut in half
3 tablespoons cherry preserves
2 tablespoons sugar
2 teaspoons cornstarch dissolved in 2 tablespoons water
½ teaspoon almond extract
2 (3 ½ ounce) packages instant pistachio pudding
4 cups milk
16 ounces frozen whipped topping, thawed
1 angel food cake
¾ cup chopped pistachio nuts

In a medium saucepan combine the cherries, preserves, sugar and cornstarch slurry. Bring to a boil and cook for a few minutes until slightly thickened, stirring constantly. Remove from heat and add almond extract. Let cool. In meantime, combine pudding mix and milk in mixer bowl and beat with whisk attachment for 2 minutes. Let stand 5 minutes until thickened. Fold in a quarter of the whipped topping. Cut cake into ¾” pieces. Layer half of the cake pieces in the bottom of a clear trifle bowl. Spoon half of the cooled cherry mixture over the cake pieces. Sprinkle with ¼ cup of the chopped pistachios. Pour half of the pudding over the top and then spread with half of the remaining whipped topping. Repeat layers with remaining cake and cherries, ¼ cup pistachios, remaining pudding and whipped topping. Refrigerate until ready to serve. Just before serving sprinkle the top with the remaining pistachios and garnish with a cherry.