

## **A Taste of the Home Country**

**By: Susan Taylor Simpson**

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When my British mother made English Trifle we used to think we were indulging in a special treat from the home country. Or perhaps it was a special treat because of the generous quantity of sherry that she put into the trifle. We giggled every time she served our favourite dish and there were always lots of jokes about her hand slipping, pouring in too much and getting us kids tipsy. Actually, my mother has since confessed putting sherry into the English Trifle was a teachable moment – introducing us to the social aspects of drinking in a responsible way.

Now I'm the one known in my circle of friends as the English Trifle maker whenever we have community dinners. Although I use a white pound cake and fresh fruit (my Mother used leftover cake and canned fruit cocktail) the sherry-soaked dessert still sets us all a tweeter. Giggles, friends and trifle for dessert – does life get any better?

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### **English Trifle**

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- Cut or break up one fresh or frozen Sara-Lee white pound cake into 1-2 in. cubes and put into a large glass bowl.
- Mix the cake gently with a colourful assortment of fresh fruits (strawberries, raspberries, blueberries, kiwi, pineapple – whatever you like).
- Pour a ½ cup or so of dry sherry over the cake and fruit.
- Prepare 2 cups of Bird's Custard according to directions and when slightly cooled, pour evenly over cake and fruit, covering them completely.
- Let sit to cool and then top with fresh whipping cream.

