



Millets
Farm Shop



Raspberry Parfait with Vanilla Shortbread

Serves 6

Raspberry Parfait:

3 Egg yolks
125g Caster sugar
200ml Whipping cream
400g Fresh raspberries
1 loaf tin lined with cling film or individual moulds

Vanilla Shortbread:

250g Plain flour (sifted)
200g Butter unsalted
100g Icing sugar
Pinch salt
2 Egg yolks
Drop of vanilla essence

Vanilla Shortbread:

Cream the butter and icing sugar together, then mix in the salt, vanilla and egg yolks. Finally add the sifted flour and mix until it just comes together. Do not over work. Mould into a ball, then clingfilm and refrigerate for 1 hour. Roll out the dough to desired thickness and cut into finger pieces. Leave to rest for 20 minutes and then bake at 180C until golden brown (about 10 minutes).

The shortbread can be stored in an airtight container for 2-3 days.

Raspberry Parfait:

Place 50g of the caster sugar into a saucepan and just cover with water. Bring to the boil, then add the raspberries (keep a few back for garnish). Turn down the heat and simmer until reduced by half. Pass through a sieve to remove the seeds. Leave to cool.

Place the egg yolks into a heatproof bowl. Add the remaining 75g of caster sugar and mix together straight away. Place the bowl over a simmering pan of water – the bottom of the bowl must not touch the water (so the bowl will have to be big enough to rest on the rim of the pan). Whisk continuously until the egg yolks double in volume and form a ribbon trail (about 10 minutes).

Fold the raspberry puree into the egg yolks. Lightly whip the cream and then fold into the egg yolk and raspberry mixture. Pour into moulds and freeze over night.

Turn the raspberry parfaits out of the moulds and serve with some fresh raspberries and vanilla biscuits.