

NAME _____

BLACKBERRY FOOL

Recipe from "A Fine Dessert" by Emily Jenkins ; illustrated by Sophie Blackall

Ingredients

2 ½ cups fresh blackberries

(Other berries will do – but the fool won't be such a nice purple color; frozen berries will work, though fresh are nicer.)

½ cup sugar, divided in two

1 teaspoon vanilla

1 ½ cups heavy whipping cream

Directions

Mash the berries with a potato masher or a large fork. With clean hands, press the crushed berries through a sieve to remove the seeds. Sprinkle the fruit with ¼ cup of the sugar. Stir.

In a separate bowl, mix together the remaining ¼ cup of sugar, the vanilla, and the cream. Using a whisk or an electric beater, whip the mixture until it makes soft peaks, but not stiff peaks.

Fold the sugared berries into the whipped cream. Taste to see if it's sweet enough. Add more sugar if you need it. There should be streaks of white and purple.

Refrigerate for 3 hours or more. Serve. Remember to lick the bowl!

