

# Cherry tiramisu trifle



## Cherry tiramisu trifle

**Preparation:** about 30 minutes (+ chilling time)

**Cooking:** about 10 minutes

**Serves:** 6

*Use a good quality coffee for this recipe.*

1 cup caster sugar

1 cup water

1 kg plump cherries, stems removed

315g loaf unsliced Madeira cake, cut into cubes

½ cup sweetened espresso black coffee, cooled

250g mascarpone

2 cups thick natural yoghurt

100ml Tia Maria liqueur

2 tbs icing sugar

50g coarsely grated dark chocolate, to serve

10–12 fresh whole cherries, to serve

1. Combine sugar and water in a large saucepan. Stir over medium-high heat until sugar dissolves. Add cherries, reduce heat to medium-low and simmer for 5 minutes. Transfer cherries and poaching syrup to a heatproof bowl and chill until cold.
2. To make trifle, place cake into the base of an 8-cup trifle or serving dish. Drizzle with coffee. Beat mascarpone, yoghurt, liqueur and icing sugar in a bowl until smooth and well combined. Spoon half the mascarpone mixture over the cake.
3. Using a slotted spoon, spoon over half the poached cherries. Top with remaining mascarpone mixture then remaining poached cherries. Chill for 3 hours (or longer if desired). Just before serving, drizzle with a little of the poaching syrup. Sprinkle with chocolate, decorate with fresh cherries and serve.



### Cherries

- A source of vitamin C. This vitamin helps the body defend itself against infections.
- The carbohydrate found in cherries has a low glycaemic index (GI), which means it is slowly absorbed and will provide long lasting energy.
- Cherries contain some valuable antioxidants with the highest quantities found in fruit with darker-coloured flesh.