



Cut at the line for a 4x6 Recipe Card

Everyday Recipes: everydayrecipes.ca

Peach-lavender Fool

(Other Sweets, None)

Ingredients:

- 6 (canned) peach halves
- 12 lavender buds, dried
- 1/4 cup turbinado sugar
- 1 cup + 1/4 cup whipping cream
- 1 cup milk
- 2 egg yolks
- 1/3 cup sugar
- 2 tbsp cornstarch
- 1 tsp vanilla

Directions:

(continued on card #2)

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Directions:

Toss peach halves and lavender with the turbinado and set aside for flavours to meld. Whip the 1/4 cup whipping cream to soft peaks and set aside. Heat milk and 1 cup cream to a near boil, and remove from heat. In a bowl, whisk egg yolks, sugar and cornstarch together until well blended. Temper the egg mixture with the hot milk & cream, then return everything to the burner over medium heat and stir constantly until the mixture thickens and bubbles break the surface. Remove this custard from heat, stir in vanilla and place in an ice bath to cool. While it's cooling, set the peach mixture in a small saucepan and cook over medium-high heat until the peaches start to break down. Remove from heat and allow to cool completely. When custard is cooled, whisk it vigorously until it's entirely smooth again, then fold in the whipped cream. When peaches are cooled, mash or whisk them briefly to break up the fruit a little and mix any separated juices back in. Gently, fold the peach mixture and the custard mixture together very briefly (you're not going for a smooth, cohesive mixture). Portion it out into dessert dishes and refrigerate for at least 4 hours before serving. Yield: 4 servings