FORTISIP

'LUXURY PUDDING' RECIPES

SHERRY TRIFLE, TROPICAL FRUITS COCONUT JELLY, CRÈME CARAMEL BRÛLÉE

SHERRY TRIFLE

Traditional trifle made with Vanilla Fortisip.

INGREDIENTS (FOR 4 SERVINGS)

145g/5oz Raspberry Trifle Packet Mix
165g/6oz drained canned raspberries
8 sponge fingers
2 x tbsp sweet sherry
50g/2oz granulated sugar
300ml/½ pint whole milk
1 carton Vanilla Fortisip
½ carton Neutral Fortisip, chilled

To serve
50g/2oz flaked chocolate bar, lightly crumbled
50g/2oz fresh raspberries

METHOD

1. Divide sponge fingers between four dishes, top with raspberries and sherry.
2. Make up jelly following packet instructions and pour over the sponge fingers. Chill and allow to set for 15 minutes.
3. Make custard using 300ml/½ pint whole milk. Once thickened gradually stir in Vanilla Fortisip and pour over set jelly. Cool and chill for 1 hour.
4. Make topping using Neutral Fortisip instead of milk.
5. Sprinkle with crumbled Flake Bar and decorate with fresh raspberries before serving.

521kcal and 10.1g protein per serving.

TROPICAL FRUITS COCONUT JELLY

A refreshing tropical twist to a jelly recipe.

INGREDIENTS (FOR 4 SERVINGS)

135g/5oz lime jelly squares
150ml/5fl oz boiling water
150ml/5fl oz coconut cream
1 carton Tropical Fruit Fortisip, chilled
225g/8oz mixed freshly prepared tropical fruits

METHOD

1. Melt jelly squares in boiling water, stir in coconut cream. Refrigerate for 15 minutes.
2. Whisk in Tropical Fruits Fortisip and pour into four serving dishes.
3. Chill until set. Decorate with a selection of tropical fruits before serving.

280kcal and 5.9g protein per serving.

FORTISIP ICE CREAM

A simple ice cream treat!

INGREDIENTS (FOR 1 SERVING)

1 carton Strawberry Fortisip

To serve
2 pompadour wafers
50g/2oz fresh chopped strawberries
1 x tbsp strawberry syrup

METHOD

1. Unfold top of Fortisip carton.
2. Place unopened Strawberry Fortisip into a freezer for four hours.
3. Remove from freezer and leave to stand at room temperature for two to three minutes.
4. Cut open carton and place in serving dish. Top with wafers, strawberries and syrup.

393 kcal and 13.7g protein per serving.

CRÈME CARAMEL BRÛLÉE

A creamy custard style pudding with a crunchy sugar caramel top.

INGREDIENTS (FOR 4 SERVINGS)

70g packet ready to mix Caramelle™ Dessert
300ml/½ pint whole milk
1 carton Vanilla Fortisip
50g/2oz demerara sugar

To serve
50g/2oz mixed summer berries or raspberries

METHOD

1. Divide sachet of syrup from Caramelle™ Dessert between four ramekin dishes.
2. Heat milk to simmering point in a small saucepan. Sprinkle over Caramelle™ Dessert powder, simmer and stir continuously for two minutes.
3. Remove from heat and mix in the Vanilla Fortisip. Pour into ramekins.
4. Chill and allow to set for one hour.
5. Sprinkle on sugar and place ramekins under a grill to brown. Chill for a further 20 minutes.
6. Top with fruit and serve.

274kcal and 5.9g protein per serving.