

Berry Fool

From the episode: *Sweet Endings*

Serves 6

Blueberries or blackberries can be substituted for raspberries in this recipe. You may also substitute frozen fruit for fresh, but there will be a slight compromise in texture. If using frozen fruit, reduce the amount of sugar in the puree by 1 tablespoon. The thickened fruit puree can be made up to 4 hours in advance; just make sure to whisk it well in step 4 to break up any clumps before combining it with the whipped cream. For the best results, chill your beater and bowl before whipping the cream. We like the granular texture and nutty flavor of Carr's Whole Wheat Crackers, but graham crackers or gingersnaps will also work.

INGREDIENTS

- 2** quarts strawberries (about 2 pounds), washed, dried, and stemmed
- 1** pint raspberries (about 12 ounces), washed and dried (see note)
- 1/2** cup plus 4 tablespoons sugar
- 2** teaspoons unflavored powdered gelatin
- 1** cup heavy cream
- 1/4** cup sour cream
- 1/2** teaspoon vanilla extract
- 4** Carr's Whole Wheat Crackers , finely crushed (about 1/4 cup) see note
- 6** sprigs fresh mint leaves (optional)

INSTRUCTIONS

1. Process 1 quart strawberries, 1/2 pint raspberries, and 1/2 cup sugar in food processor until mixture is completely smooth, about 1 minute. Strain berry puree through fine-mesh strainer into 4-cup liquid measuring cup (you should have 2 1/2 cups puree; reserve any excess for another use). Transfer 1/2 cup puree to small bowl and sprinkle gelatin over top; stir until gelatin is incorporated and let stand at least 5 minutes. Heat remaining 2 cups puree in small saucepan over medium heat

until it begins to bubble, 4 to 6 minutes. Remove pan from heat and stir in gelatin mixture until dissolved. Transfer gelatin-puree mixture to medium bowl, cover with plastic wrap, and refrigerate until cold, about 2 hours.

2. Meanwhile, chop remaining 1 quart strawberries into rough 1/4-inch pieces. Toss strawberries, remaining 1/2 pint raspberries, and 2 tablespoons sugar together in medium bowl. Set aside for 1 hour.

3. Place cream, sour cream, vanilla, and remaining 2 tablespoons sugar in chilled bowl of stand mixer. Beat on low speed until bubbles form, about 30 seconds. Increase speed to medium and continue beating until beaters leave trail, about 30 seconds. Increase speed to high; continue beating until mixture has nearly doubled in volume and holds stiff peaks, about 30 seconds. Transfer 1/3 cup whipped-cream mixture to small bowl and set aside.

4. Remove thickened berry puree from refrigerator and whisk until smooth. With mixer running at medium speed, slowly add two-thirds of puree to whipped-cream mixture; mix until incorporated, about 15 seconds. Using spatula, gently fold in remaining thickened puree, leaving streaks of puree.

5. Transfer uncooked berries to fine-mesh strainer; shake gently to remove any excess juice. Divide two-thirds of berries evenly among 6 tall parfait or sundae glasses. Divide creamy berry mixture evenly among glasses, followed by remaining uncooked berries. Top each glass with reserved plain whipped-cream mixture. Sprinkle with crushed crackers and garnish with mint sprigs, if using. Serve immediately.

TECHNIQUE

BUILDING THE ULTIMATE BERRY FOOL

1. PUREE AND STRAIN FRUIT: Puree half of the berries with sugar and then strain them to remove seeds.



2. ADD GELATIN: Thicken the berry puree with gelatin



to contribute body to the final dish.



3. MACERATE BERRIES: Sprinkle the remaining berries with sugar, allow them to stand for an hour, then drain.



4. MAKE CREAMY BASE: Whip sour cream into the heavy cream to create a rich and creamy base.



5. SWIRL PUREE INTO CREAM: Swirl the gelatin-thickened berry puree into the enriched whipped cream.



6. LAYER BERRIES: Layer the macerated berries between dollops of the creamy berry mixture to add fresh flavor.



TECHNIQUE

A SWEET FINISH

Though not traditional, a sprinkling of crushed sweet wheat crackers

(gingersnaps and graham crackers will also work) adds subtle crunch and nutty notes that complement the berry flavors in our fool.



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