

## ADAPT June recipe –Gooseberry and Elderflower Fool

Gill Lowe



The elderflowers are now beginning to appear so here is a simple dessert you may like to try.

### **Gooseberry and Elderflower Fool**

#### Ingredients

10 to 15 good sized, freshly picked elderflower heads.

500g gooseberries.

A peeled length of lemon zest.

3 to 4 tbl spoons white caster sugar.

300ml double cream.

#### To prepare:

Dip flower heads in clean cold water and shake to remove insects. Into a pan put flower heads, gooseberries, 3tbl spoons of sugar, lemon zest and a little water.

Cook on a low heat until sugar has dissolved and the fruit is soft. Rub this mixture through a sieve, taste and add more sugar if necessary.

Whip the cream until reasonably thick and blend with the fruit. Divide fool into dessert dishes or wine glasses and chill in fridge for a couple of hours before serving.