

Red, White, & Blue Trifle

Poetry & Pies

prep time: 35-40 minutes

bake time: 40-50 minutes

total time: 1 hour, 30 minutes (plus 2-3 hours cooling time)

servings: 12-16



Ingredients

for the [angel food cake](#)

- half a lemon
- 1 ½ cups (300g) sugar
- 1 cup (128g) cake flour*
- 12 egg whites, room temperature**
- ¼ teaspoon (2g) sea salt
- 1 tablespoon (13g) pure vanilla extract
- 1 ½ teaspoons (5g) cream of tartar
- equipment: fine mesh sieve or similar sifting device

for the [lemon razzleberry coulis](#)

- 6 ounces blueberries
- 6 ounces raspberries
- 6 ounces blackberries
- ½ cup (113g) lemon juice
- ½ cup (100g) granulated sugar

for the [whipped cream](#)

- 2 cups (231g) heavy whipping cream
- ½ cup (50g) powdered sugar
- 1 tablespoon (13g) vanilla extract

to assemble

- 6 ounces blueberries
- 6 ounces raspberries and/or strawberries (diced)

Instructions

make the angel food cake

Note: be sure to follow the steps as written so you have everything in its place and ready to go, as you do have to work somewhat quickly once you begin whipping the egg whites.

1. Preheat oven to 325 and make sure your oven rack is one rung below the middle. Have your [angel food cake pan](#) (ideally with a removable bottom) out, but do not grease it.
2. Using half of a lemon like a sponge, wipe down your mixing bowl and whisk attachment, rinse and dry, then wipe it all down a second time. This only takes about a minute, and you can even squeeze most of the lemon juice to save for later and just use the mostly-squeezed lemon half to do this. But don't skip it! You need ALL traces of fat gone from the bowl and whisk before you try to beat those egg whites.
3. Using a food processor or blender, pulse the sugar until very fine (somewhere between granulated and powdered sugar). Pour about half of it into a small bowl for step 6.
4. Take the other half of the sugar and whisk it with the cake flour then sift everything twice (this does require two bowls). Set aside. Keep the [sieve](#) out to use after the egg whites whip up.
5. Place the egg whites, salt, vanilla, and cream of tartar into the bowl of your wiped-down stand mixer fitted with the whisk attachment. Beat on medium for about a minute, until frothy. Turn the mixer to medium-high (I have a ten speed mixer and used setting 8). Watch the whites carefully.
6. Once the whites turn white and just begin to form very soft peaks, begin adding the sugar, one tablespoon at a time. Try to pour each tablespoon gently so it doesn't clump up. You can do this continuously without much pausing between additions. Continue beating until glossy with stiff peaks. *Optional: once all the sugar is added, stop the mixer and gently run a rubber spatula just along the top edge of the whites to help bring them into the mixture then continue mixing until glossy with stiff peaks. Each mixer is different, and some tend to not pull in what's on the edge as well as others.*
7. Once stiff peaks are formed and the egg whites are glossy (not long after the sugar is done being added, so watch carefully), turn off the mixer. Tap the whisk attachment on the side to get the egg whites off. Using the fine mesh sieve, sift $\frac{1}{3}$ of the flour mixture over the top of the bowl. Gently this together using a rubber spatula. Sift the next $\frac{1}{3}$ over the bowl and fold it in, followed by the final $\frac{1}{3}$. You only need to fold it until the flour is incorporated. Don't worry if it seems a little grainy.

8. Gently scoop it into your pan, being sure to spread it evenly on the bottom. You don't want an air bubble in the bottom corner, since this is usually presented as the top of your cake. I suggest scooping about $\frac{1}{3}$ of the batter into the pan, spreading it evenly to fill the corners, then continue with the rest of the batter. Smooth the top with your spatula.
9. Bake 40-50 minutes (climate and individual ovens vary), until the top is a nice golden brown and springs back when you press your finger into it. It may not spring back all quickly and happily like a pogo stick, but if it rises back up to you, it's done.
10. Once done baking, take a glass bottle and insert the neck into the middle hole of your cake pan. Then, using oven mitts, turn the whole thing upside down so that the cake pan is suspended upside down on the bottle. It will tilt to the side but shouldn't fall over (although try to put it somewhere safe in case it is knocked down). Let cool 2-3 hours.

make the lemon razzleberry coulis

11. While the angel food cake cools, make the razzleberry coulis. Rinse and dry the berries. Place all of the coulis ingredients in a heavy bottomed, medium saucepan. Cook over medium heat, stirring frequently, until it has turned to sauce-like texture. Adjust temperature as needed so it doesn't fully boil but only simmers. Place into a heatproof bowl and refrigerate until completely cool. Coulis can be made ahead of time and stored in an airtight container in the fridge for up to a week.

make the whipped cream

12. Place all of the whipped cream ingredients in a large mixing bowl or the bowl of your stand mixer. Using the whisk attachment, a handheld mixer, or regular whisk, beat the cream on low until frothy. Increase speed to high (or just whisk as fast as your arm will go) until stiff peaks form. Store in the fridge until ready to assemble the trifle. Whipped cream should be made as close to assembly as possible so it doesn't deflate.

assemble

13. Once the angel food cake is completely cool to the touch, gently remove the cake from the pan, running a very sharp, long knife along the inner and outer edges of the pan then also along the bottom if you have a removable bottom pan.
14. Dice half of the cake into 1" pieces. Spread $\frac{1}{3}$ of the pieces on the bottom of your trifle dish. Spread $\frac{1}{3}$ of the whipped cream on top of it, filling in the cracks as best you can. Drizzle $\frac{1}{3}$ of the coulis on top, spreading it across the whipped cream. Sprinkle most

of the blueberries on top of the coulis, making sure there's a clear line of them along the edge so you can see the colors.

15. Repeat the process with more cake, whipped cream, coulis, then most of the raspberries and/or strawberries, again making sure the fruit is visible along the sides. Finish with the remaining cake pieces and whipped cream. Use the remaining fruit and coulis to create a ring along the edges or other decorative arrangement that you prefer.

16. Cover well and refrigerate until serving.

Enjoy!

Store, wrapped well or in an airtight container, for 3-5 days. Trifle can be made up to a day before serving.

You can make your own cake flour by putting 2 tablespoons cornstarch in your 1 cup measuring spoon then gently spooning in enough all-purpose flour to equal 1 cup (level it off with the back of a knife and don't pack it in). Whisk it all together then sift 3 times before using. Crazy, but it makes a difference. **However, I've never tried this recipe with homemade cake flour so I cannot guarantee it will be as fluffy.*

***Save the yolks to make [Bavarian cream filling](#), [lemon curd/lemon curd pie](#), [blueberry clementine curd](#), [pumpkin creme anglaise](#), [clementine pastry cream](#), or [blood orange tart](#) (the crust and filling use yolks, and for the filling you can actually sub 2 more yolks for one of the eggs).*