

STRAWBERRY, PRUNE AND BROWN SUGAR FOOL



This is one of those puddings that I never get tired of. There's a version in my book, and it's perfect for summer when fruit is at its best. I'll be honest with you, this recipe comes from me currently moving from the UK into my house in Dublin, so everything is in boxes as I write this. We ate lunch and wanted something sweet after, so this is what I made. It really is my go-to, quick, minimal effort dessert, perfect for occasions like this. I've added prunes to the strawberries for two reasons. Firstly, I love them, and secondly, as they rest together, the prunes become soft in the lemon and strawberry juices. That said, the strawberries are not essential and can be left out or replaced with another fruit like raspberries, cherries, or other ripe stone fruits. At this time of year, you can choose anything. If you'd rather it be creamier or more yoghurt-y, you can adjust the ratios as you like.

Serves 4-6

Ingredients

- 400g strawberries, roughly chopped into chunks
- A handful of prunes (about 8), roughly chopped
- 1 tbsp caster sugar
- Juice of 1 lemon
- 250ml double cream
- 250g thick Greek yoghurt
- A few tbsps of dark brown sugar

Method

- 1.** Add the chopped strawberries to a bowl with the prunes, sugar, and lemon juice. Stir, then set aside for 15 minutes (or longer if you have time, as the more time you leave them, the more juices you'll get). I sometimes like to squish a few strawberries once rested to make it a little more jammy.
- 2.** Lightly whip the cream so it just starts to thicken up, then stir in the yoghurt. If it's too thick, just add a little more unwhipped cream and stir until you're happy. Dollop into a serving bowl, then sprinkle over the brown sugar.
- 3.** Now here's the trick - leave the brown sugar for 10 minutes before tucking in and you'll see it melt onto the fool, creating an almost caramel crust on top. My mum has made this for us all our lives and that brown sugar crust is something we all fight for, so make sure you bring extra brown sugar to the table.
- 4.** Scoop dollops of the fool into bowls and top with the juicy strawberries and prunes.