



CAROLINE BRETHERTONS' Compassionate Fruit Towers

“My fruit towers are a little like strawberry shortcake, but much lighter and somewhat more impressive. The joy of these desserts is that they look fantastic, are really easy to make and take very little effort apart from a last minute assembly. They can be adapted to whatever seasonal fruit you have at hand, but I find that the soft texture and tart flavour of raspberries works best for me.”

Ingredients

3oz — organic butter
5oz — caster sugar
1 free-range egg yolk
6oz — plain flour
1/2tsp — vanilla essence
4 small or 2 large punnets of raspberries
8froz — double cream
Icing sugar



PTO

Method

Preheat the oven to Gas Mark 4 / 180°C / 350°F

Cream the butter and sugar together until light and fluffy. Beat in the egg yolk, the vanilla essence and a pinch of salt. Finally, stir in the flour to make a stiff dough. Refrigerate for at least 30 minutes.

Next, roll out the biscuit dough as thinly as possible, and cut out at least 12 large biscuits with a cookie cutter. Try to work in batches of four, so each tower will have the same number of layers. You will have some mixture left over, but you can continue to cut biscuits for your own use from the remainder of the dough.

Bake for 10mins on a non stick baking tray, until the biscuits are golden brown at the edges. Leave the cooked biscuits on the tray for a couple of minutes to harden up, then transfer to a wire rack to cool. Whip the cream until it is fairly dense, and will hold its shape well.

To construct the towers slather the biscuits with a spoonful of double cream and then cover the cream with a single layer of raspberries. Repeat the process, building the tower up in layers, and finishing with a plain biscuit. The finished tower should be 3 or 4 stories high. Place in the centre of a plate and dust the whole thing with icing sugar to serve. This can also be surrounded with a puree of raspberries for an added indulgence, if you have any of the fruit left over.

Enjoy sharing your Compassionate Fruit Towers!

"I use free-range eggs only in my cooking and I am excited to share my recipe with everyone taking part in Bake with Compassion. Have a great fundraiser and enjoy your free-range future!"

Caroline Bretherton , 2010