Elderflower and Gooseberry Fool

Serves: 4

Prep Time: 10 minutes

Cook Time: 10-15 minutes

Chilling Time: At least 1 hour

Ingredients:

- 300g (10½ oz) fresh or frozen gooseberries
- 3 tbsp caster sugar (adjust to taste)
- 3 tbsp elderflower cordial
- 250ml (1 cup) double cream
- 150ml (½ cup) Greek yoghurt
- 1 tsp vanilla extract (optional)

Instructions:

Cook the Gooseberries:

1. Place the gooseberries, sugar, and 2 tablespoons of elderflower cordial in a saucepan.
2. Cook over medium heat for 10–15 minutes until the gooseberries soften and start to burst.
3. Remove from heat and let the mixture cool completely. You can mash the gooseberries slightly for a smoother texture or leave some whole for a more rustic feel.

Whip the Cream:

1. In a mixing bowl, whip the double cream until it forms soft peaks.
2. Gently fold in the Greek yoghurt, vanilla extract (if using), and the remaining tablespoon of elderflower cordial.

Combine:

1. Gently fold the cooled gooseberry mixture into the cream and yoghurt mixture. Swirl lightly to create a marbled effect, or mix fully if you prefer an even consistency.

Chill and Serve:

1. Spoon the fool into serving glasses or bowls.
2. Chill in the fridge for at least 1 hour before serving to allow the flavours to meld.

Optional Garnish:

1. Garnish with a few fresh gooseberries, a drizzle of elderflower cordial, or a sprig of mint before serving.