

Indian Trifle

Ingredients

1 quart of milk, the rind of 1/2 large lemon, sugar to taste, 5 heaped tablespoonfuls of rice-flour, 1 oz. of sweet almonds, 1/2 pint of custard.

Method

Boil the milk and lemon-rind together until the former is well flavoured; take out the lemon-rind and stir in the rice-flour, which should first be moistened with cold milk, and add sufficient loaf sugar to sweeten it nicely. Boil gently for about 5 minutes, and keep the mixture stirred; take it off the fire, let it cool _a little_, and pour it into a glass dish. When cold, cut the rice out in the form of a star, or any other shape that may be preferred; take out the spare rice, and fill the space with boiled custard. Blanch and cut the almonds into strips; stick them over the trifle, and garnish it with pieces of brightly-coloured jelly, or preserved fruits, or candied citron.

Source: Mrs Beeton's Book of Household Management (1861)

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