



Together to stop bowel cancer

Ainsley Harriott's Chocolate Parfait Terrine with Fresh Raspberries

Serves 6-8

Ingredients:

450g (1lb) plain chocolate (70% cocoa solids), broken into squares
4 egg yolks
100g (4oz) golden caster sugar
600ml (1 pint) double cream
450g (1lb) fresh raspberries, to serve
rapeseed or vegetable oil, for greasing
extra chocolate, grated for serving

Method

Melt the chocolate in a heatproof bowl set over a pan of simmering water, making sure that the bowl does not touch the water. Remove the bowl from the pan and stir until completely smooth. Leave to cool.

Meanwhile, whisk the egg yolks and sugar in a separate bowl until light and fluffy. In a third bowl, whip the cream until it stands in soft peaks. Carefully stir the melted chocolate into the egg yolk mixture, then gently fold in the whipped cream.

Line a 900g (2lb) loaf tin with oiled cling film and pour in the mixture. Cover with cling film and freeze for at least four hours or preferably overnight until solid.

Remove the parfait from the freezer about 20 minutes before you are ready to serve. Turn out onto a flat plate and peel away the cling film. Dip your knife into a bowl of hot water and cut the parfait into slices. Arrange on plates and scatter around fresh raspberries and grated chocolate to serve.

***Original recipe taken from Ainsley Harriott's "Just Five Ingredients", published by BBC Books. Photography (c) Dan Jones**