



Mom's strawberry jello dessert

20'
Hands on

4 hours'
Hands off

10'
Cook Time

10-12
Portion(s)

2
Difficulty



Method

For the syrup

- In a saucepan add the water, sugar and cognac.
- Place it over medium heat for 2 minutes until the sugar melts.
- Transfer to a bowl and set aside.

For the cream

- In a pot, add 500 g milk, the heavy cream and 100 g sugar.
- Place over medium heat, bring to a boil and remove.
- In a bowl, add 200 g milk, corn starch, 40 g sugar, the vanilla extract and the egg yolk. Whisk until the sugar melts completely.
- Place a layer of rusks in a 25x35 cm ovenproof pan, making sure there are no empty spaces.
- As soon as the milk boils, remove from heat and slowly pour it into the bowl with the egg yolk while whisking continuously.
- Transfer the new mixture to the pot and place over medium heat. Cook for 3-4 minutes until the cream thickens while whisking continuously.
- Remove from heat and add the butter. Whisk until it melts and is incorporated.

To assemble

- Pour all of the syrup over the rusks with a ladle.
- Spread the cream over the surface of the rusks with a spatula.
- Cover with plastic wrap making sure the wrap touches the surface of the cream directly so that a film does not form.
- Refrigerate for 2-3 hours so the cream can chill.
- In a bowl, add the jello powder and the boiling water.
- Mix until the powder dissolves and add the cold water.
- Remove the ovenproof dish from the refrigerator, remove the plastic wrap and add the liquid jello mixture over the cream with a ladle.
- Refrigerate for 2 hours until the jello thickens and sets.
- When ready, remove from refrigerator and serve.

Ingredients

For the syrup

- 300 g water
- 250 g granulated sugar
- 30 g brandy

For the cream

- 300 g heavy cream 35%
- 140 g granulated sugar
- 700 g milk
- 80 g corn starch
- 1 egg yolk
- 1 tablespoon(s) [vanilla extract](#)
- 50 g butter

To assemble

- 200 g jelly powder, strawberry
- 400 g water, boiling
- 400 g water, cold
- 26 wheat rusks

Διατροφικός πίνακας

Nutrition information per portion

499 Calories (kcal)	16.0 Total Fat (g)	9.5 Saturated Fat (g)	81.0 Total Carbs (g)
25%	23%	48%	31%
47.0 Sugars (g)	6.0 Protein (g)	1.8 Fibre (g)	0.32 Sodium (g)
52%	12%	7%	5%