



Heart's Desire

In my book this pudding encompasses a childhood treat of Arctic Roll with chocolate sauce, put together here with elements to make this a genuinely yumski treat. It is mainly down to assembly, with the only actual cooking recommended being the fine butter biscuits to finish the job off.

Furnish yourself with a couple of heart shaped cutters, one no less than 5mm smaller than the other, the smaller one to be at least 2.5cm high. Also required – a firm but moist sponge cake, some vanilla ice cream, a pack of Rolos, and a bar of chocolate containing a maximum of 70% cocoa solids.

Chocolate Covered Sponge Hearts

Take the larger cutter and cut through the sponge. With a very sharp knife cut the shape horizontally so that you end up with two hearts each roughly 5mm high.

Melt chocolate in a bowl over hot water, lay out some baking parchment on the side, and carefully drop each sponge heart into the bowl, coating each side with the melted chocolate. Remove and put straight onto the parchment. Refrigerate to firm. This is worth persevering with and all the rejects and left over bits of sponge can be put in the freezer for a future pudding.

Fine Butter Heart Biscuits

- 60g butter unsalted (not a disaster if salted)
- 125g caster sugar
- Few drops vanilla essence
- Beat above till creamy then add:-
- 3 egg whites – beaten
- 60g flour. Stir then mix in:-
- 6 tspns melted butter

Onto buttered baking sheets dot teaspoons of the mixture leaving a lot of space between, thinly spreading each dollop. Bake for 2 minutes at 180°, remove and carefully place the small cutter onto the partially cooked mixture. With a knife pull surrounding mixture away slightly. Repeat over the sheet about 6 times (good to eat in any shape, they are delicate so spares are advisable) and put back in the oven for another 3 minutes or so until golden. Remove and allow to cool.

Ice cream Heart

Fill the smaller cutter with your ice cream not forgetting to put a Rolo in the middle. If using this pudding to show love and appreciation, giving up 'your last Rolo' never fails. Simple but effective. Top up with more ice cream ensuring the cutter is very tightly packed. Place on a piece of baking parchment and pop in the freezer for 5 minutes or so, then take out and push out your ice cream shape. Put back into the freezer until required.

Fruit and Glaze

In a small pan pour half a cup of water, add 3 cubes of blackcurrant jelly, large dash of cassis, and some redcurrant jam. Simmer until jelly dissolves and the liquid is reduced to cover the back of a spoon. In a small dish tip some of the red berries and cover with the glaze. Refrigerate.

Assembly

For the base:

One chocolate covered heart shaped sponge.

Place the ice cream heart centrally to that sponge shape.

Top that with the second chocolate sponge heart.

Use some of the glazed berries to prop up the fine biscuits and the others for decoration.