

# Mason Jar Mint Julep Blueberry Trifle

Serves 6

## Ingredients for the blueberries:

- 300 g Blueberries
- 125 mL Bourbon

## Directions:

1. Combine the blueberries and bourbon and allow to sit at room temperature for at least 30 minutes or one day.
2. Strain, reserving the blueberry bourbon. Set aside until assembly.



## The Sponge

### Ingredients:

- 4 large eggs
- 120 g sugar
- 120 g all purpose flour
- 1 tsp vanilla
- 2 tbsp granulated sugar

### Directions:

1. Pre-heat oven to 350°F. Line a 23 cm x 33 cm (9" x 13") cake pan or jelly roll pan with parchment paper, carefully folding the corners. Spray with non-stick cooking spray.
2. Separate the eggs into two medium bowls. Beat the egg whites until stiff peaks form, but not dry. Set aside.
3. Beat the egg yolks with the sugar until pale and creamy and falls in thick ribbons.
4. Fold in 1/3 of the egg whites into the pale egg yolk mixture.
5. Sift about 1/3 of the flour into the egg yolk mixture, and then alternate folding in with the egg whites being careful not to deflate the batter.
6. Once all of the egg whites and flour have been folded in, the mixture will be thick. Pour carefully into your prepared baking pan and spread out evenly. Bake for 20-25 minutes or until your cake tester comes out clean.
7. Lift the cake out of the pan using the parchment edges and allow to cool completely.
8. Measure your Mason jar diameter and select a round cookie cutter of similar size. Cut 12 rounds for the trifle and set aside.

# Stabilized Mint Julep Whipping Cream and Assembly

## Ingredients:

- 3 g unflavoured gelatin
- 15 mL Cold water
- 15 mL Bourbon
- 1 mL mint extract
- 125 mL whipping cream,
- 8 g icing sugar
- 2 g freshly chopped mint, as garnish

## Directions:

1. Dissolve the gelatin in the cold water, mix in the bourbon and mint extract, set aside.
2. Whip the cream with the icing sugar. Add a bit of the whipped cream to the gelatin mixture and whisk well to combine. Strain this mixture if it's lumpy. As you are whipping the cream, add the gelatin mixture and whip until well-combined.
3. Assembly of the Mason Jar Mint Julep Blueberry Trifle
4. Layer one sponge round into the bottom of each mason jar, sprinkle about 5 mL to 10 mL of the reserved blueberry bourbon onto each sponge in the mason jar. Add about 15 blueberries on top of the sponge in each jar. Using a pipping bag, top the blueberry layer with the stabilized whipped cream. Sprinkle lightly with the chopped mint garnish.
5. Layer the second sponge on top of the whipped cream, sprinkle about 5 mL to 10 mL of the remainder of the reserved blueberry bourbon onto each sponge in the mason jar. Top with the whipped cream and finish with about 12-15 blueberries in each jar. Sprinkle with the remaining mint garnish. Tightly close lid and refrigerate until serving.