

## RODGROD



We love this tasty, refreshing dessert and find it is a good way of using up the previous year's frozen berries at the start of a new season

1¼lb/500g of any frozen red berries  
2ozs/40g of cornflour  
4ozs/125ml water  
small jug of pouring double cream or full fat yoghurt

1 dessertspoon lemon juice  
sugar to sprinkle over top  
1oz/25g slivered almonds if desired

### METHOD

1. Place the berries in a saucepan and bring to the boil until the juices run freely.
2. Strain the berries through a sieve, pushing through all the juice so that a small amount only of pulp remains and you are left with a good puree,
3. In a bowl, mix the cornflour with water to a smooth paste and then gently stir the puree into the cornflour paste.
4. Pour the mixture back into a saucepan and bring to the boil again. Turn down the heat and continue to cook until the mixture becomes translucent and thick.
5. Remove from heat and mix in the lemon juice.
6. Pour the rodgrod into individual ramekins or small glasses.
7. Sprinkle the top lightly with sugar.
8. Chill until ready to serve. They can be made a day or two in advance as they keep well.
9. Before serving decorate the top of the rodgrod with slivered almonds if desired.
10. Serve with a little cream poured over the top of each ramekin or yoghurt if preferred.