



# GOOSEBERRIES

## TIP

So that your gooseberries don't freeze in a lump arrange your berries in rows in one layer on a tray and place in the freezer. Once frozen, transfer these berries to freezer bags or containers.

## HINT

When you cook with gooseberries, look for slightly under ripe but not rock hard berries. For eating raw, choose berries that yield to the touch and are juicy.

## FACT

Did you know gooseberries are related to the blackcurrant? The jostaberry is a hybrid of the blackcurrant and gooseberry developed in the 1930s and 1940s in Germany.

## Gooseberry and Elderflower Fool (V) (GF)

This gooseberry and elderflower fool is a marriage made in heaven; light, sharp and sweet it's a great quick dessert.

You will need (for four):

450g gooseberries

1bsp caster or granulated sugar

50ml elderflower cordial

300ml double or whipping cream

Top and tail the gooseberries. Put them in a pan with a little drop of water and your sugar. Heat them gently until they have broken down and there's not too much juice left.

Remove from the heat and leave to cool.

Whip the cream and elderflower cordial together until you have firm peaks then fold through the cooled gooseberries.

