

Good Enough 2 Eat

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Yoghurt Cake

This is a delicious and unique way to enjoy good food. I learnt how to make this when living in Japan. I make this yoghurt cake for breakfast but its good enough to eat at anytime, especially during the long summer months when something cool and refreshing is appreciated.

To make this dish you'll need gelatine. I use 8 pieces of sheet gelatine and prepare them for use by putting them into a large tray with 140mL of water. Let them sit in the water for about 5 minutes. When the gelatine is soft and gooey it is ready to use. Pour the gelatine and the water into a pan and heat gently until completely dissolved.

Next, add 200mL of whipping cream and a couple tablespoons of sugar and beat until slightly thickened but still fluid enough to be poured into a jelly mould. When the gelatine has cooled, add it to the yoghurt cream and mix together. Transfer the ingredients to a pouring jug and pour into a jelly mould lined with tinned fruit. Refrigerate until set.

When ready, take the cake out of the jelly mould and turn upside down to see the fruit. Drizzle some honey over the top to add flavour. This is a light, cool and refreshing dish that is good enough to eat.

