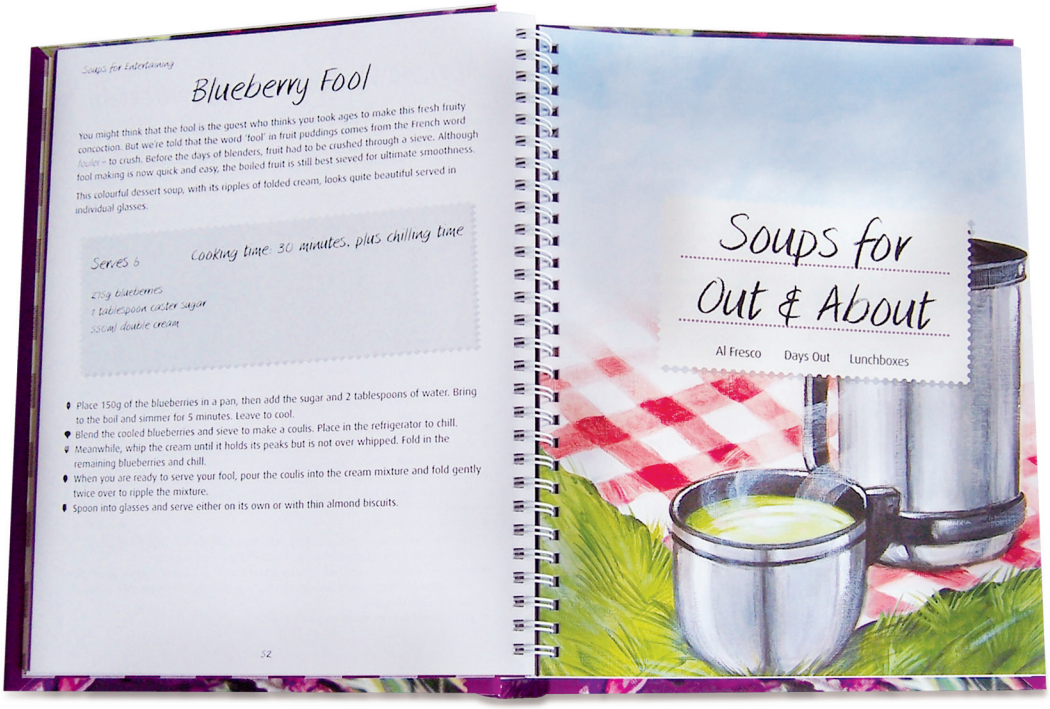

Soups for Entertaining

Blueberry Fool

You might think that the fool is the guest who thinks you took ages to make this fresh fruity concoction. But we're told that the word 'fool' in fruit puddings comes from the French word *fouler* – to crush. Before the days of blenders, fruit had to be crushed through a sieve. Although fool making is now quick and easy, the boiled fruit is still best sieved for ultimate smoothness.

This colourful dessert soup, with its ripples of folded cream, looks quite beautiful served in individual glasses.

Serves 6 *Cooking time: 30 minutes, plus chilling time*

250g blueberries
1 tablespoon caster sugar
550ml double cream

- Place 150g of the blueberries in a pan, then add the sugar and 2 tablespoons of water. Bring to the boil and simmer for 5 minutes. Leave to cool.
- Blend the cooled blueberries and sieve to make a coulis. Place in the refrigerator to chill.
- Meanwhile, whip the cream until it holds its peaks but is not over whipped. Fold in the remaining blueberries and chill.
- When you are ready to serve your fool, pour the coulis into the cream mixture and fold gently twice over to ripple the mixture.
- Spoon into glasses and serve either on its own or with thin almond biscuits.

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Soups for
Out & About

Al Fresco Days Out Lunchboxes