

CELEBRITY CHEF JEAN-CHRISTOPHE NOVELLI'S

Raspberry trifle

Serves 4. Each serving – 148 calories.

Ingredients

Crème Pâtissière (Pastry Cream)
500 ml low fat milk
1/2 vanilla bean
2 eggs at room temperature
2 egg yolks at room temperature
275g xylitol sweetener
1/3 cup cornflour mixed with 1 tbsp water

Method

Pour the milk and vanilla into a heavy-based pan and bring to the boil.
In a bowl, mix the eggs and xylitol, then add the cornflour. When the milk has boiled, slowly pour over the egg mixture stirring constantly.
Pour back into the pan and bring back to the boil. Turn the heat down and cook for a few minutes stirring constantly.
Remove the vanilla pod, pour into another container to stop the cooking process, cover with clingfilm and leave to cool down before using.

Trifle Ingredients:

500g raspberries. Half to be used for the raspberry puree
150g strawberries cut in half
100g sponge fingers
100ml cranberry juice
250ml double cream
250g low fat quark
50ml sweet sherry

50g xylitol
Fresh Mint tops for decoration

Method:

Pre-heat an oven to 60C (fan) place half the strawberries on a tray covered in greaseproof paper and bake for approx 30mins. Remove from the oven and place into a pan with half of the raspberries and heat gently until they can be mashed with a potato masher to create a jam/jelly consistency.

Sugar free jam can also be used

Whip the double cream until it is thick enough to spread then fold in the quark and place to one side until needed.

In a pan, bring the cranberry juice to the boil and add the xylitol and reduce until it becomes a thick sauce.

Using either cocktail glasses or other glass dessert dishes, place a layer of the strawberry/raspberry mixture, followed by a layer of the pastry cream, followed by a layer of sponge fingers drizzled with the sherry, a table spoon of cranberry sauce and then spread some of the cream over the top.

Decorate with fresh raspberries and strawberries with a sprig of fresh mint for decoration.

Dust with unsweetened cocoa powder and mint leaves.

Chef's Tip:

Toasted and cooled brioche buns can be used to replace the sponge fingers.

HOW THE CALORIES COMPARE

Homemade raspberry and rose trifle – 380cal.
Asda Raspberry Trifle, 145g – 180kcal.



by Geraldine McKelvie

WORRIED about the amount of sugar your children are consuming? You're not alone.

The average UK child is swallowing three times more than the recommended daily amount, thanks to hidden sugars in everyday foods such as bread and yogurt.

But cutting down on sugar doesn't mean missing out on your favourite sweet treats.

We've enlisted the help of celebrity chef – and dad-of-two – Jean-Christophe Novelli to come up with some low-sugar dessert recipes. Jean-Christophe, 55, is backing Change4Life's Sugar Smart campaign which encourages parents to keep an eye on sugar intake.

A new Sugar Smart app will help you by scanning barcodes. Jean-Christophe said: "I have two young boys and I want to make sure that they eat well and are happy and healthy."

"Reducing sugar consumption is a really important way of making sure our kids and ourselves stay healthy."

"There are lots of low sugar options available that they'll really enjoy."

The calories from each of Jean-Christophe's recipes are compared with those from versions in shops. Calorie figures are from the BBC Good Food website.



Pudding o

Chocolate pudding

Serves 4. Each portion – 135 calories.

Ingredients

125g plain flour
125g unsalted butter
125g dark chocolate
3 small eggs – whisked together in a bowl
75g xylitol
Filling – 53 calories for 10 portions
60g white chocolate

1 tbsp whisky
20ml double cream
1 sheet baking parchment

Method for the filling

Place the white chocolate in a mixing bowl over a pan of hot water and melt. Add the cream and whisky and stir until all the chocolate has melted. Put the entire mixture into a piping bag or ice tray. Place into a fridge for 1 hour and then remove and using a 1cm piping nozzle, pipe lines of chocolate onto baking parchment. Place either the piped lines or ice cubes of chocolate into the freezer.

Method

Dust the sides of 4 ramekin dishes with unsweetened cocoa powder. Melt the butter and chocolate in a bowl placed over a pan of hot water, stirring continuously, leave to one side.

In a separate bowl mix the beaten eggs and xylitol until light in colour then carefully add the warm chocolate sauce and fold in, then fold in the flour and stir until thoroughly mixed.

Fill the ramekins 3/4 full. Remove the white chocolate from the freezer and cut into 2cm lengths. Place one length into each ramekin and cover with the chocolate using your thumb tip, run it around the rim of the ramekin dish to form a slight lip around the dish and bake at 180C for 10-12 mins in a fan-assisted oven.

HOW THE CALORIES COMPARE

Homemade melting chocolate pudding – 403cal
Sainsbury's Chocolate Sponge Pudding, 110g – 395kcal



Panna cotta

This pannacotta comes with a mixed fruits of the forest nage.

Serves 4. Each portion – 91 calories.

Ingredients

250ml double cream or low fat coconut cream
250ml natural yogurt

LOW-SUGAR PUDS... YOU'LL BE AMAZED



Creme brulee

Serves 6 - 55 calories per portion

Ingredients

375ml double cream
125 whole milk
65g Xylitol
5 egg yolks
1 whole vanilla pod

Method

Simmer the milk and the cream in a pan but don't let it boil. In a separate bowl whisk the eggs and Xylitol until they are nicely creamed together.

Pour the warm milk mixture over the egg mix and stir in thoroughly.

Pass through a fine sieve and remove any foam that may have appeared.

Pour into shallow ramekins slowly to reduce the chances of bubbles.

If bubbles come to the top place under a hot grill for a few seconds or use a blow torch and they should disappear.

Place into a roast tray and place into a pre-heated oven (110C Fan) before closing the oven door pour a little hot water into the tray half way up the side of the dish to create a bain marie.

Cook at 110C for 25-35 mins test by shaking the tray the mixture should just wobble.
Remove and chill.

Before serving.

Sprinkle ½tsp of the Iso Caramel dust onto the

of the ramekins and place under a grill for a few seconds or use a blow torch to melt the sugar substitute and cook it.

How to make your Low Calorie Caramel Dust Ingredients

100g Isomalt (sugar substitute)

Using a frying pan heat the Isomalt until golden brown, then place the pan into a bath of ice water, when set and cold, break the caramel up into manageable pieces and place into a coffee grinder or pestle and mortar and grind to a fine powder. This can be stored for several months in an air tight jar and sprinkled liberally over any dessert when required.

HOW THE CALORIES COMPARE

Homemade creme brulee - 620cal per serving.

Tesco French Creme Brulee, 100g - 324cal.



Tarte tatin

Serves 4. Each portion - 166 calories

Ingredients

6 apples peeled and halved, just before using
100g butter
100g xylitol
4 star anise
1 vanilla pod, halved lengthways and halved widthways
8 cardamom pods
1 large pack ready-made puff pastry
400g raw beetroots, blended finely with 400ml water and then sieved.

Method

Preheat the oven to 180C fan, 200C non-fan, or gas 6.

In a pan, heat the beetroot juice, xylitol with 4 cardamom pods until this has reduced by half.

Using a large ovenproof frying pan (approx 28cm) gently melt the butter on a medium heat with the star anise, vanilla pod and the remaining cardamom pods. Add half the beetroot mixture and gently colour everything.

Peel and slice the apples in half and pat dry with kitchen paper. Place neatly, face down, into the pan and set aside. Roll out the ready-made puff pastry into a circle, approx 28cm in diameter and ½cm thick.

Carefully place the pastry over the entire pan, pressing the pastry all around the apples to form a tight seal.

The apples at the edge of the pan can be lifted slightly and the pastry tucked underneath. This will avoid steaming the pastry as opposed to baking it. Put the pan on a low heat.

After a couple of minutes, lift the pan, place your hand over the pastry and, holding it tight, pour off the excess liquid - this is saturated fat that has formed and isn't required.

Repeat this process twice before placing the pan into the oven for approx 25-30 minutes.

After this time, remove from the oven and leave to rest for about 5 minutes, which will allow the caramel to settle and become firm.

Turn out the tatin on to plates. Bring the remaining beetroot mixture to the boil and glaze the tatin before serving.

Chef's Tip: Serve with good quality low fat or yogurt ice cream.

HOW THE CALORIES COMPARE

Homemade tarte tatin - 444cal per serving.
Waitrose Seriously Apple Tarte Tatin, 545g - 217cal per quarter slice.



15g bronze gelatine powder
100g fresh strawberries
100g blackberries
100g blueberries
Red currents for decoration
Micro lemon balm for decoration (or mint if not available)
1 tsp xylitol
Juice of 1 lemon

Method

Warm the the double cream and natural yogurt
Add the gelatine powder.
Mix together and sieve.

Pour into moulds.

Chef's Tip: Slightly oil the inside of the moulds.

Chill in fridge until set. Turn out on a large shallow bowl and then decorate with diced soft fruit marinated in a mixture of xylitol/lemon juice around the dessert.

HOW THE CALORIES COMPARE

Homemade strawberry panna cotta - 515cal.

Morrisons Signature Raspberry Pannacotta, 85g - 241cal.

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