

KISIEL (Cold chocolate pudding)

INGREDIENTS

2 pts milk
70 g cornflour
70 g sugar
7 rounded to heaped dessertspoonfuls of cocoa powder

METHOD

Mix the cornflour, sugar and cocoa with some of the milk (a hand mixer is quite useful for this quantity)

Put the remainder of milk in a saucepan to heat.

When nearly boiling, give the cornflour another stir and pour the milk onto it, stirring briskly and thoroughly.

Return to the heat and stir until it bubbles.

Remove from the heat and place the saucepan in a sink of cold water.

Stir continuously until cool (to prevent a skin forming).

Pour into a serving dish.

Cover with a paper bag or kitchen paper followed by a plate, in case it's still a bit warm, to further prevent a skin forming.

FRUIT KISIEL

Bring to the boil and sieve raspberries or whatever fruit you wish, thicken as above.

Or you can use tinned raspberry/fruits of the forest juice if fruit has been used for e.g.

Pavlova

Use less sugar and water instead of milk

THIS DOES NOT NEED COOLING IN A SINK OF WATER as it's not made with milk

