

Catherine Fulvio's No-bake desserts

Chocolate Dipped Frozen Yogurt Bites

200g Greek yogurt, either plain or your favourite flavour,

80g fresh fruit, chopped

30g local honey or maple syrup,

100g melted chocolate – can be white, dark or milk (for dipping)

Method:

Simply, in a bowl, mix the yogurt with the honey or maple syrup, then fold in the chopped fruit. Line a baking sheet with parchment paper, then spoon the mixture into bite-sized portions and lay on the baking sheet. Freeze for a few hours, then dip in melted chocolate and re-freeze until set.

Chocolate Mousse

Ingredients

150g semi-sweet chocolate,

200ml double cream,

50g icing sugar,

1 tsp vanilla extract,

Zest Orange,

Raspberries or strawberries to serve.

Method:

Break up the chocolate and melt over a bain maire. In a separate bowl, whip the cream with sugar, vanilla extract and orange zest. Gently fold the whipped cream into the melted chocolate until just combined. Pour the mixture into serving

glasses or a small bowl and refrigerate for at least a few hours before serving. Top with raspberries or fresh strawberries.

Irish Garden Berry Fool

Ingredients:

200g gooseberries,
50g caster sugar,
2 tbsp water,
200g blackcurrants,
50g sugar,
2 tbsp water,
¼ tsp cinnamon,
300ml double cream,
2 tbsp icing sugar

Method:

In two saucepans, cook the fruit with the sugar and water (adding cinnamon to the blackcurrants) by bringing to a boil over medium heat, then reduce the heat and simmer for 10-15 minutes, or until the fruit is softened. Let the fruit mixture cool fully.

In a separate bowl, whip the double cream and icing sugar until stiff peaks form. Gently fold half of the whipped cream into each of the cooled fruit mixtures. Spoon blackcurrant fool into glass and top with gooseberry. Serve immediately or chill for a few hours before serving.

Strawberry Shortcake Parfaits

Ingredients:

200g vanilla yogurt or ice cream – or both!

2 tbsp caster sugar (if using yogurt),

200g fresh strawberries, sliced,

150g crushed shortbread biscuits

fresh mint, for garnish (optional)

Method: Mix the yogurt with the sugar, or use vanilla ice-cream , then layer with quartered strawberries, and crushed shortbread biscuits into a fancy glass. Repeat layers until the glass is full. Garnish with fresh mint if desired.

No-Bake Raspberry Cheesecake Bars

Ingredients:

200g fresh raspberries,

200g digestive biscuit,

100g butter,

250g cream cheese, softened,

75g icing sugar,

150ml double cream,

1 tsp vanilla extract,

Zest of orange

Method: Melt the butter and mix with the crushed digestive biscuits. Press the mix onto the base of a lined brownie tin. Place in the fridge for 30 minutes to set. In a bowl, whip together the cream, the softened cream cheese, icing sugar, orange zest and vanilla extract until smooth. Spread the cream cheese mix over

the biscuit crust. Top with fresh raspberries. Refrigerate for at least 4 hours, or until set. Cut into bars and enjoy!

Limoncello, White Chocolate and Cherry Semifreddo

Ingredients:

For the Semifreddo:

100 g canned cherries (drained),
100 g caster sugar (divided),
300 ml double cream,
4 tbsp. limoncello,
400 ml crème fraîche,
100 g white choc chips

For the Coulis:

250 g canned cherries (drained),
3 tbsp. sugar,
2 tbsp. Limoncello

Method:

Line a 1kg loaf tin (19cm x 10cm x 9cm) with cling film. To make the semifreddo, chop the cherries, then place in a bowl with 45g of the sugar. Whisk the cream, limoncello and the remainder of the sugar together until soft peaks form.

Beat the crème fraîche slightly and fold this into the cream mixture. Fold in the cherries and add the chocolate chips. Pour into the loaf tin and smooth the top. Freeze for 1 hour, uncovered, then cover with cling film and return to the freezer for 6 hours. This can be frozen for up to 3 weeks.

Meanwhile, to make the coulis, place the cherries, sugar and limoncello in a saucepan over a gentle heat until the sugar dissolves. Leave to cool.

Place in a blender and whizz until smooth. For a finer finish, pour the coulis through a sieve.

To serve, thaw the semifreddo in the fridge for 1 hour, then remove from the tin and peel off the wrap. Place on a presentation platter. Drizzle with some coulis and serve in slices.

No Bake Strawberry and Orange Tartlets

Makes 6 x 10cm tartlets or 1 x 24cm tart

For the biscuit base:

120g unsalted butter,
melted and slightly cooled,
200g amaretti biscuits

For the filling:

600ml double cream,
zest of 1 orange,
pulp of 2 passion fruit,
100g Greek yoghurt,
1 tsp vanilla extract,
120g strawberries washed and sliced into quarters

Method:

Brush 6 x 10cm loose-bottomed, fluted tartlet tins (or 1 x 24cm loose-bottomed, fluted tart tin) with a little of the melted butter.

Place the amaretti biscuits in a food processor and whizz until they're fine crumbs. Add the butter and pulse a few times to combine, then carefully press the crumbs into the base and sides of the tartlet tins. Place in the fridge to set for 30 minutes. To make the filling, whisk the cream and orange zest in a large mixing bowl with an electric beater until stiff peaks form. Add the passion fruit pulp and stir to combine. Fold in the yoghurt and vanilla extract until mixed through.

Spoon the filling into the set biscuit bases and chill again for 3 hours. When ready to serve, arrange the strawberries around the edge of the tartlets.