



Gooseberry Fool

serves 4

- 1 teaspoon rose water or orange flower water, optional
- 1/4 cup creme fraiche, or sour cream
- 1/2 cup whipping cream, very cold
- 3/4 cup organic cane sugar, divided
- 3 cups gooseberries

Pull off tops and tails of gooseberries; halve berries lengthwise. In a heavy saucepan, cook berries and 1/2 cup sugar over moderate heat, stirring occasionally until thickened, about 5 minutes. As they simmer, mash berries to make a coarse puree. Remove from heat, cool and then refrigerate, covered, until cold; at least an hour, or overnight.

In the bowl of an electric mixer, beat heavy cream with creme fraiche until it holds soft peaks. Add remaining 1/4 cup sugar and beat until mixture holds very stiff peaks. (Careful not to overbeat or it will separate!) Fold chilled puree into cream mixture and combine well. Chill again until very cold. Fool may be made 3 hours ahead.