



CRANACHAN

JOE PEDEN - HEAD CHEF AT KARMA LAKE OF MENTEITH - SCOTLAND

Here in Scotland we love our desserts, but when it comes to traditional Scottish desserts a good cranachan tops my list. Traditionally cranachan was a celebratory dessert to mark the harvest of the fresh raspberries but now we eat all year round for any celebration. Cranachan is a quick and easy layered dessert that tastes just as good as it looks. What's not to love about it? Cream? Good! Honey? Good! Fresh raspberries? Good! Laced with whisky? Outstanding!!!

Equipment Needed:

- 1 mixing bowl
- whisk
- Measuring jug
- Set of scales
- 1 saucepan
- Measuring spoons
- Rubber spatula
- Small frying pan
- 4 wine or whisky glasses

Ingredients:

- 300g fresh raspberries (frozen can also be used)
- 70g caster sugar
- 4 tbsp Oats
- 1tsp icing sugar
- 350ml Double cream
- 2 tbsp honey - (here i used scottish heather honey)
- 50ml Whisky - choose any of your favourite malts

Prep Time	20 minutes
Setting time	1 hour
Serves	4 people

Procedure:

- In your saucepan, combine your raspberries and sugar and heat on a low heat, stirring occasionally with rubber spatula, until your sugar is dissolved and your raspberries start to break down and juice starts to come. Remove from heat and leave to cool.
- In your frying pan, combine your oats and icing sugar and toast in the pan on a low heat until golden brown and caramelised. Remove from heat and leave to cool
- In your mixing bowl combine your cream, honey and whisky and whisk until just set and soft peaks and taste to check if you want to add some more honey to make it a little sweeter or want to add some more whisky for more of a kick.
- In your 4 glasses spoon in alternate layers of your raspberries, toasted oats and cream mixture creating a layered effect and repeat until all mixture is used up.
- Allow to chill in the fridge an hour or so before eating