



Blueberry Parfait

NIBBLEDISH CONTRIBUTOR

Ingredients

- pound cake - ricotta cheese - lemon zest - citrus liqueur - white sugar - blueberries - water - salt - orange flower water

Instructions

So, the farm was selling 5 pound boxes of blueberries, so we needed to use them up!

1. Put the blueberries in a saucepan with some water and sugar, not a lot of it though. Maybe 2 tablespoons for 1 pint. Also add a pinch of salt. Simmer it very gently until all the berries burst and the liquid is thick and dark purple. Taste for flavor; it should have a noticeable sour note. Push it through a sieve, mashing down the solids, so that you end up with a thick sauce without any lumps or shreds of skin. Set aside to cool.
2. Puree the ricotta with lemon zest and more sugar. For 15 oz of ricotta you need the zest of 1 lemon. Patiently mix it until it becomes a smooth cream. Add 1-2 tablespoons of the liqueur of your choice and stir well.
3. Cut the cake into cubes.
4. When the berry sauce is cool, stir in a little orange flower water.
5. To serve, arrange in layers: Cake, berry sauce, cream. Garnish with basil flower.