Gooseberry Fool

Gooseberry Fool has been a favorite English dessert for hundreds of years. Legend says it got its name because after eating it, you acted like a fool, and children would eat as much as they could, run outside, roll down a hill, and start eating all over again!

Ingredients

- 1 pound gooseberries
- 2 tablespoons water
- 1/2 cup sugar
- 1 cup (1/2 pint) heavy cream

Directions

1. **Trim.** Snip off the tops and tails of the gooseberries.
2. **Cook.** Put the berries in a saucepan with the water and sugar. Simmer over low heat, stirring now and then, for about 20 minutes, until tender.
3. **Sieve.** Press the fruit through a sieve with the back of a spoon, and let it cool.
4. **Whip.** Whip the cream until stiff peaks form.
5. **Fold.** Gently fold the cream into the gooseberry puree.
6. **Chill.** Spoon into dessert dishes and chill at least 1 hour before serving.

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