

Strawberry Rose Fool

a recipe from www.maureenabood.com

This recipe is based on one from a wonderful new book, [Bakeless Sweets](#), by my friend Faith Durand of [The Kitchn](#). I wrote a short piece on [Lebanese rice pudding](#) for the book, which has terrific chapters on puddings, jellies, and my favorite, fools. A plate of [chocolate cookies](#) is a perfect pairing with this. Serves 6.

1 cup heavy whipping cream, chilled
1 tablespoon plus 1/3 cup sugar
2 cups strawberries, chopped
Few drops of rose water
2 tablespoons water

Whip the cream with 1 tablespoon of the sugar in a medium chilled metal bowl, using either a balloon whisk or a mixer. When the cream is whipped to soft but sturdy peaks, transfer it to a glass container and refrigerate for 1-2 hours.

Cook the strawberries, sugar, rose water and water in a medium heavy saucepan over medium heat. Bring to a boil, reduce heat, and simmer for 10 minutes, until the berries have broken down and are fragrant. The compote will seem very liquid, but it will thicken some as it chills. Transfer to a small bowl and refrigerate until it is completely cold.

In a medium bowl, use a rubber spatula to fold all but a few tablespoons of the compote into the whipped cream. Gently fold the whipped cream until the mixture is incorporated.

Spoon the fool into 6 small bowls or glasses. Chill for 1-6 hours before serving with the reserved compote drizzled over the top.