

My Light and Dreamy Strawberry Fool That Feels Like Spring in a Glass

Why This Dessert Works (And Why I Keep Making It)



TIME
15 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

You'll Need (Makes 6 servings | Prep Time: 15 mins | Chill Time: Optional)

For the Whipped Cream: 1 1/2 cups heavy cream, chilled 1/2 teaspoon vanilla bean paste (or pure vanilla extract):

For the Strawberry Mixture: 3 cups fresh strawberries, sliced 1 1/2 tablespoons granulated sugar 1/4 teaspoon vanilla extract For Garnish:

Extra strawberries, halved or sliced How I Make Strawberry Fool (:

DIRECTIONS

1. Step-by-: Step)
2. Make the : Whipped Cream
3. I start by pouring the cold heavy cream into a large mixing bowl, adding the vanilla bean paste. If you've never used vanilla bean paste, this is the time-it adds tiny flecks of real vanilla and gives the cream a beautiful flavor.
4. Using a hand mixer (or stand mixer with the whisk attachment), I whip the cream until soft peaks form. It should be light and fluffy-not stiff or grainy. I stop beating as soon as it holds shape on a spoon.
5. I set the whipped cream in the fridge while I work on the strawberries.
6. Prep the : Strawberry Mixture
7. In a medium bowl, I add half of the sliced strawberries, sprinkle in the sugar, and pour in the vanilla extract. Then I mash them gently with a fork or potato masher. I don't want a purée-just broken-down berries with juice and a few larger chunks.
8. Once mashed, I stir in the rest of the sliced strawberries. Letting them sit for a few minutes helps the flavors meld and the juices develop.
9. Swirl the : Strawberries into the Cream
10. I take about one-third of the strawberry mixture and fold it gently into the whipped cream using a spatula. I don't fully mix it-I want swirls of pink and white running through the cream, not a fully blended mixture.
11. The rest of the strawberries stay separate so I can layer them later.

12. Assemble the : Strawberry Fool
13. Now for the fun part. In six serving glasses or small dessert bowls, I spoon in a layer of the reserved strawberry mixture, followed by a layer of the swirled cream. Then I repeat-another spoonful of berries, another dollop of cream.
14. I top each glass with a few fresh strawberry slices for garnish. You can chill them for a bit if you like, but I usually serve them right away because they're just too tempting.
15. Serving : Tips and Ideas
16. This dessert feels fancy, but it's low-maintenance. I like serving it in stemless wine glasses or vintage dessert cups if I want to dress it up. Here are a few ways to elevate it even more:
 17. Add a crunch
 18. : Sprinkle crushed shortbread cookies, graham crackers, or meringue between layers.
 19. Boozy twist
 20. : Macerate the strawberries in a splash of Grand Marnier, Chambord, or elderflower liqueur.
 21. Layer with other berries
 22. : Raspberries or blackberries swirl in beautifully with strawberries.
23. Make ahead
24. : You can assemble a couple hours ahead and chill, just don't do it too early or the cream may start to lose its texture.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/my-light-and-dreamy-strawberry-fool-that-feels-like-spring-in-a-glass/>