

Rumtopf w. Whipped Cream

(12 servings)

Rumtopf, which literally means rum pot, is a very popular (and very potent) German dessert. A mixture of various kinds of fruit, high-strength rum and sugar is filled into a large stoneware pot (the eponymous rum pot) with a tight-fitting lid and matured for several months until the fruit is very soft and completely saturated with rum. Suitable fruit includes all kinds of berries, cherries, plums and apricots. Not all fruits are appropriate for Rumtopf, and the overproof rum should be of only 100-110 proof (50-55% alcohol by volume).

Traditionally, the pot is set up in late Spring or early summer, and different kinds of ripe fruit are added to it over the months as they come in season, plus sugar and rum. The fruit is thereby preserved to be eaten when the Rumtopf is matured.

The usual fruit/rum/sugar ratio is 1/1/½ but that's just a rule of thumb.

I have started the Rumtopf in late May so it should be "ripe" in late September but it can be kept until Christmas for a potent and delicious dessert.

I recently "found" a small jar of leftover Rumtopf in my fridge. It was over 12 years old and, believe it or not, it was perfect!



Ingredients:

Rumtopf

Heavy Cream, beaten stiff - 1 pint

Preparation:

Place 2 heaped tbsp fruit in each dessert bowl, add some of the rum and top with whipped cream.