

# Eton Mess: Homemade Meringues

## Ingredients:

500g Strawberries

400ml Double Cream

100g Caster Sugar

2 Egg Whites

Sprig of Fresh Mint to Garnish



Please bring 4 glasses for presenting your Eton Mess in. You will also need a container to take them home in.

## Method:

1. Preheat the oven to 150°C or Gas Mark 2.
2. Weigh out all the ingredients accurately.
3. Line a baking tray with greaseproof paper, there is no need to grease it.
4. Separate each egg white from the yolks into separate clean bowls.
5. Transfer the egg whites into a large glass bowl. Using an electric whisk, beat the egg whites until stiff. You should be able to turn the bowl upside down without the mixture falling out!
6. Whisk in the caster sugar gradually, a tablespoon at a time.
7. Pipe / spoon the egg white onto a baking tray covered in greaseproof paper.
8. Bake in the oven for 40 minutes, until the meringues have dried out. When cooked, remove from the oven, place on a cooling rack and allow to cool.
9. Wash the strawberries and remove the stalks.
10. Place half the strawberries in a hand-held blender jug.
11. Purée the strawberries.
12. Cut the remaining strawberries, reserving four for decoration.
13. Place the meringues in a large plastic mixing bowl and use a rolling pin to crush.
14. Place the double cream in a glass bowl.
15. Use an electric whisk to whip the double cream until stiff peaks form. DO NOT over whisk.
16. Fold in the strawberry purée and crushed meringues.
17. Fold in the chopped strawberries.
18. Spoon equal amounts of the mixture into four cold glasses.
19. Serve garnished with the remaining strawberries and a sprig of mint.

