

Eton Mess: Shop Bought Meringues

Ingredients:

500g Strawberries

400ml Double Cream

3 Read Made Meringue Nests

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. Weigh and measure all ingredients accurately.
2. Wash the strawberries and remove the stalks.
3. Place half the strawberries in a hand-held blender jug.
4. Purée the strawberries.
5. Cut the remaining strawberries, reserving four for decoration.
6. Place the meringues in a large plastic mixing bowl and use a rolling pin to crush.
7. Place the double cream in a glass bowl.
8. Use an electric whisk to whip the double cream until stiff peaks form. **DO NOT** over whisk.
9. Fold in the strawberry purée and crushed meringues.
10. Fold in the chopped strawberries.
11. Spoon equal amounts of the mixture into four cold glasses.
12. Serve garnished with the remaining strawberries and a sprig of mint.

