



ETON MESS

Serves

4-6

Prep

5-10 mins

Cook

90-120 mins

Method

Whip the double cream with the sugar until it is soft and thick. Do not whip it too long, as you don't want stiff peaks

Break the meringue into chunks and stir the cream

Put half the strawberries into a bowl and crush gently with a spoon or fork so some of their juices are released

Divide the mixture into four glasses or a large trifle bowl if you prefer

Put the remaining strawberries on top as a garnish

Why not make your own meringues?

Preheat the oven to 120°C and line a baking tray with baking parchment

Put the egg whites in a very clean bowl and whisk until they form stiff peaks. Add the caster sugar a little bit at a time, and continue to whisk until the mixture becomes shiny and thick

Put heaped dessert spoons of the mix on the baking tray making sure to leave space around each nest

Put the tray in the centre of the oven and bake for 90 minutes to two

Ingredients

Eton Mess:

450g strawberries, quartered

1 tbsp caster sugar

4 meringue nests (if not making your own)

50ml double cream

Ingredients for meringue:

2 egg whites

100g caster sugar

hours, until the meringues are crisp on the outside and lift easily away from the baking paper. Leave to cool completely