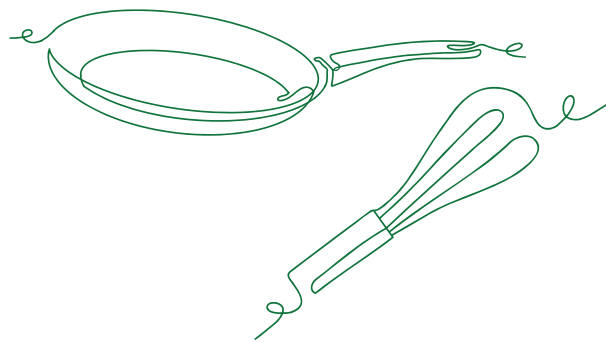


Classic Eton Mess



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Enjoy the delightful simplicity of classic Eton mess, a traditional dessert made with layers of crushed meringue, sweet strawberries, and fluffy whipped cream.

Serves 6

Prep time 10 minutes,
cooking time 10 minutes

Ingredients

4-6 meringue nests, crumbled
4 cups (600 gms) of fresh strawberries, hulled and sliced
2 cups of heavy cream (480 gms)
2 tbsp of granulated sugar (adjust to taste)
1 tbsp of powdered sugar (optional)
1 tsp of vanilla extract



Top Tip

You can add in raspberries for that extra fruit hit! Don't over whip the cream as it will split and always mix just before you serve to stop the meringue from dissolving; it will lose its crunch!

Method

In a bowl, combine the sliced strawberries and granulated sugar. Toss gently and let them sit for about 15 minutes.

In a separate bowl, whip the heavy cream and vanilla extract until soft peaks form. If desired, add powdered sugar to sweeten the whipped cream. Gently fold the macerated strawberries into the whipped cream, leaving some for garnish. Crumble the meringue nests into the strawberry and cream mixture. Reserve some for topping.

Spoon the Eton Mess into serving glasses or bowls, layering with the remaining strawberries and meringue. Garnish the top with extra strawberry slices and meringue crumbles. Serve immediately and enjoy this delightful and easy-to-make Eton Mess!

Recipe by James Golding, Head of Food Education, Table Talk Foundation. Table Talk Foundation is a registered charity (reg No: 1190504) inspiring a new generation through food, to live happier and healthier lives. Providing food education in schools to teach young people how to cook, preparing them with fundamental life skills.



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