

StreEton Mess

Method

You will need to make your meringue's the night before you want to serve the dessert. Pre heat the oven to 150.

Line your baking tray (a 11 x 16inch would be preferable) and line with non-stick baking paper.

Separate your eggs and measure out your casting sugar. Set aside in bowls to make everything easier.

To make your meringue whisk together your egg whites until they are firm and forming soft peaks. Then add the caster sugar a tablespoon at a time whilst still whisking until all the sugar has been whisked in.

Take a dessert spoon and add rounded spoonful's of the mixture in rows on your baking tray.

Place the baking tray in the oven on the centre shelf and reduce the heat to 140. Leave in for one hour. After the hour turn the oven off and leave the meringues in the oven to dry out.

Once your meringues are dry and completely cold you'll be ready to serve up your StreEton Mess.

Cut your strawberries and halve your blueberries. Separate 250g of the strawberries to make a puree'.

Blend the separated strawberries until smooth and add the icing sugar to make it sweet. Put in the fridge to chill.

Whip your double cream until firm.

In one large bowl crush up the meringues, mix in the strawberries, raspberries blueberries and then fold in the double cream. Add the cream gradually, so it's lightly covering the dessert (the colour of the fruit should still be bold).

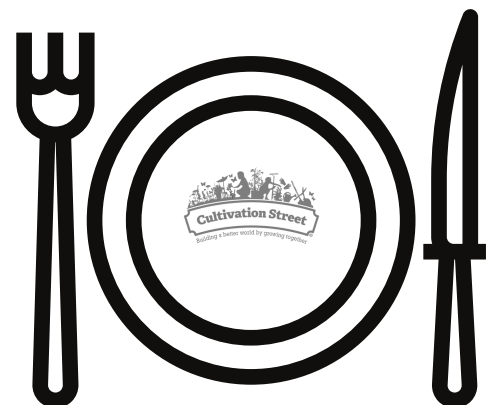
For something a little extra, serve with strawberry ice cream and dribble to puree over for a final touch.



Ingredients

- 450g Strawberries
- 150g Raspberries
- 150g Blueberries
- 3 Large Egg whites
- 175g Caster Sugar
- 1tbsp Icing Sugar.
- 500ml Double Cream
- Strawberry Ice cream to serve.

Cultivation Street



Serves 4