



Baking with ENE

ETON MESS

Ingredients:

- 2 large egg whites
- 120g caster sugar
- 500g strawberries
- 450ml double cream
- 1tbsp icing sugar

Method:

1. Heat the oven to 120C/ 100C fan/ gas 1 and line a large baking tray with parchment paper.
2. Whisk the egg whites in a clean bowl using an electric whisk until they reach stiff peaks. Then add the sugar in 3 lots, re-whisking to stiff peaks each time. Spoon dollops of the mixture onto the baking parchment, cook on the bottom shelf of the oven for 1hour. Leave to cool.
3. Blitz 1/3 of the strawberries to make a strawberry sauce.
4. In a large bowl whisk the cream with the icing sugar until it just holds its shape.
5. Crush the meringues and mix in with the chopped strawberries, sauce and cream.

