



Marinated Strawberry Meringue and Chantilly Cream Eton Mess

Serves 4

A wonderful dish, steeped in history that combines a number of delicious flavours and textures to create a truly memorable dessert that is sure to become a favourite!

TASTE OF CATER CARE FACT

Strawberries are an excellent source of Vitamin C, which is an important vitamin for heart health as it improves blood pressure and strengthens blood vessels. The Vitamin C in strawberries also provides an excellent source of antioxidants, which are well known for protecting our cells from damaging 'free radicals' that occur as part of the natural ageing process.

Combined with chantilly cream, this delicious high energy dessert is an excellent choice for residents who have a poor appetite, or have difficulty meeting their daily energy needs.

INGREDIENTS

- 1 Egg - crack and separate yolk and white.
- 55g Caster Sugar
- As Required - Extra Virgin Olive Oil Spray
- As Required - Baking Paper
- 300ml Thickened Cream
- ½ tsp Vanilla Essence
- 35gm Caster Sugar
- 125gm Frozen Strawberries - thaw and drain.
- 25gm Pure Icing Sugar
- 12 Strawberries (medium sized) - remove stem and cut into 4 equal wedges lengthways.

METHOD

1. Preheat an oven to a low temperature - 100°C.
2. In a mixing bowl, add the egg white, beat with a whisk until soft peaks form. Gradually add the first quantity of caster sugar - one tablespoon at a time, beating well after each addition to ensure that the sugar has fully dissolved. Once all the sugar has been added, continue to beat for a further 2 minutes or until the mixture has become thick and glossy.
3. Lightly spray oil and line with baking paper a flat baking tray.
4. Evenly place heaped dessert spoons of the meringue mixture onto the baking tray, allowing 4cm between each meringue. Place into the oven and bake for 1 hour, then turn off the oven and allow the meringues to sit in the oven until completely cooled and crisp. Remove the tray from the oven. Set to one side for 1 hour, then break each meringue into small pieces and place into an airtight container until it is required.
5. In a mixing bowl, add the cream, vanilla essence and second quantity of caster sugar. Whisk until soft peaks form, then cover with cling wrap and refrigerate until it is required.
6. In the jug of a blender, add the frozen strawberries and icing sugar, blend to a smooth consistency, then pour the sauce into an airtight container and refrigerate until it is required.



TO SERVE

Remove the cream and strawberry sauce from the refrigerator 10 minutes before serving. Evenly distribute a third of the cream between 4 x 250ml serving glasses. Top the cream with 3 strawberry wedges, top the strawberries with a third of the meringue pieces, top the meringue with a quarter of the strawberry sauce. Repeat this process twice more. Finally top each glass with 3 strawberry wedges and a little of the remaining strawberry sauce and serve immediately.