

# Eton Mess



REBECCA PROCTOR

“This DELICIOUS and simple recipe is something I learned from Jamie Oliver’s wonderful cookbook, *Cooking with Jamie*.”

## INGREDIENTS

### MERINGUE

6 large free-range or organic egg whites  
1 cup + 5 tbsp. superfine sugar  
pinch of salt

- 1) Make basic meringue recipe (you should end up with 6-8 meringues).
  - a. Preheat oven to 300°F. Line a baking sheet with wax paper. Put egg whites into a bowl and whisk on medium until the whites form firm peaks.
  - b. With the mixer still running, gradually add the sugar and pinch of salt. Turn the mixer up to the highest setting and whisk for 7-8 minutes until the meringue mixture is white and glossy.
  - c. Spoon the meringue mixture on to the prepared baking sheet, either in one big blob or several smaller ones, leaving a bit of space between them.
  - d. Bake for 1 hour or until the meringues are crisp on the outside, and chewy and gooey in the middle.



## DIRECTIONS

### ADDITIONAL INGREDIENTS AND PREP

2 cups heavy cream

1 vanilla bean, scored lengthwise and seeds

removed

2 tbsp. superfine sugar

9 oz. strawberries, hulled and sliced

9 oz. raspberries

1 tsp. good-quality balsamic vinegar

Handful of flaked, toasted almonds

2) Whip the cream with the vanilla seeds and 1 tbsp. of sugar until you have soft peaks.

3) Take half of the strawberries and half the raspberries and put them into a bowl with the rest of the sugar and the balsamic vinegar. Mash with a fork.

4) Put your flavored cream and the mashed-up fruit into the fridge until your meringues are ready and have cooled down.

5) You can serve Eton Mess on a large platter or in individual glasses.

6) To assemble, break up your meringues in a bowl; you can crush some of the bits into powder, leaving other bits chunky.

7) Fold the vanilla cream and mashed-up fruit together until well mixed, then sprinkle in the rest of the fruit and fold again.

8) Layer your crushed meringues and fruity cream into your serving dish or glasses, then sprinkle with the toasted almonds before serving. Put everything together right at the last minute so the meringue doesn't go all soft.



**MACKENZIE-CHILDS**

