

# Eton Mess

Serves 6pp! : Prep = 20 minutes : Cook = 60minutes

## The Ingredients

### Meringue

- 2 egg whites
- 120g castor sugar
- Strawberry Syrup
- 500g strawberries
- 100g castor sugar
- 1 tsp vanilla paste
- 3 tbsp water
- 1 orange – zested

### Other

- 600ml heavy cream
- 2 tbsp icing sugar
- 1 tsp vanilla paste
- Balsamic reduction
- 250g strawberries
- Mint

## The Method

### Meringue

1. In a stand mixer whisk egg whites until stiff peaks approx. 7-8mins
2. Add sugar in 3 batches and whisk each time until stiff peaks form approx. 3mins
3. Spoon 8 dollops of meringue mixture onto lined baking sheet and bake @ 110c for 1hr or until firm. Allow to cool in the oven

### Strawberry Syrup

1. Dice strawberries and add to saucepan with vanilla, sugar, orange zest and water
2. Simmer for 8-10mins, allow to cool completely
3. Store in the fridge until ready to use

### Other

1. Whip the cream with icing sugar until it holds it's shape
2. Chop berries into bite sized pieces
3. Pick some mint leaves for garnish

### Serving

1. Layer strawberries, meringue, cream, strawberry syrup into a bowl/glass and repeat with a second layer
2. Add drizzle of balsamic and mint leaves for garnish

## Tips n Tricks

- Every element can be made in advance – making this a great dessert for a dinner party. Just don't put it all together until serving it
- Shop bought meringues work great too if you don't have time!
- Store cooked meringues in an airtight container
- Don't worry if your meringue cracks in the oven as we are breaking them up anyway.