



Name of the recipe: Eton Mess

Author: Marianne Silberberg

7th grade C

Eton mess is a traditional English dessert consisting of a mixture of strawberries, meringue, and whipped cream. First mentioned in print in 1893, it is commonly believed to originate from Eton College and is served at the annual cricket match against the pupils of Harrow School.

Make sure you have everything you need and place them on your kitchen counter. This is called “mise en place” (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Ingredients:

1. 175 g caster sugar
2. Pinch salt
3. 3 large egg whites
4. 600 grs fresh strawberries
5. 2 tbsp caster sugar
6. 4 tbsp kirsch
7. 600 ml wholecream
8. 2 tbsp icing sugar

Method:

1. Heat oven to the lowest setting (100°C)
2. Using a beater, whisk egg whites with a pinch of salt until the whites form peaks;
3. Gradually add the caster sugar, 1 tbsp at a time;
4. Continue beating until the meringue is glossy and holds its shape;
5. Spoon into round disks 2 cms thick on a lined baking tray;
6. Bake for at least 2 hours until slightly crusty on top, then turn off the heat and let them dry out in the oven until completely cold, hopefully overnight;
7. Peel meringues off the parchment and store in an airtight container.

Preparing the dessert:

1. Put half the fruit into a dry non stick pan with sugar and kirsch;
2. Cook over a high heat for 2 minutes until the berries soften & begin to bleed;
3. Crush strawberries slightly with a fork a pass through a sieve into a large bowl. Leave to cool.
4. Whip the cream together with icing sugar in another bowl until it forms peaks.
5. Crush the meringue into bite size pieces and fold them through the cream with the remaining berries;
6. Ripple through the cooled coulis;
7. Spoon immediately into serving dishes with some whole fruit to decorate.