

## ETON MESS

This dessert originated in the famous boarding school. Thankfully it is available to us now and is a truly simple scrumptious dessert that the kids can get involved with. Meringues are simply crushed, then folded into whipped cream with chopped strawberries and raspberries.



### Serves 8

2 large free range egg whites  
Squeeze of lemon juice  
100g caster sugar

### To assemble

400ml double cream  
200g strawberries  
200g raspberries  
1 tablespoon chopped pistachio nuts

### Stage 1

Preheat the oven to its lowest setting. Place the egg whites in a clean, grease-free bowl. Add the lemon juice and whisk with an electric hand held whisk until the egg whites just hold firm peaks. Gradually whisk in the sugar, a tablespoon at a time, until you have a firm glossy meringue that holds its shape.

Spread this on the prepared baking sheet in an even layer about 2 cm thick. Bake for approximately 2 hours until lightly crusty on top. Carefully lift the meringue by the paper onto a wire rack. Leave to cool completely, then peel off the paper and break into 2-3 cm chunks.

### Stage 2

Whip the cream just until it forms soft floppy peaks. Roughly cut up the strawberries. When ready to serve fold the crushed meringues, strawberries and raspberries into the cream and spoon into 8 small dishes. Sprinkle with the chopped pistachios.