

Recipe

# ETON MESS





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Recipe: **DYUTIMA JHA**

## Ingredients

425g strawberries, hulled and sliced

1 Tbsp fine sugar

200 ml whipping cream

3 Tbsp icing sugar

¼ tsp vanilla extract

6 readymade meringue nests  
or 30 readymade meringue kisses (approx.)



**SERVING**  
Makes 6 servings



**CATEGORY**  
Dessert



**ISSUE**  
sisterMAG60

- STEP 1** Mix fine sugar and chopped strawberries in a bowl to begin the process of maceration. Set aside.
- STEP 2** Lightly break the meringues into bite-sized pieces and set aside. If using meringue kisses, keep a few whole ones for garnish.
- STEP 3** Take a chilled mixing bowl and on medium speed, whip the cream till it begins to thicken. Add icing sugar and extract. Beat only until nice, soft peaks form. Do not over-beat.
- STEP 4** To assemble, take serving glasses. Add a layer of meringue at the bottom, top with a layer of cream and then macerated strawberries. Repeat the layering till glass is full to desired level.
- STEP 5** Garnish with meringue kisses.

### NOTES:

- Soak sugar and strawberries together for no more than 30 minutes.
- Eton mess is best assembled just before eating so that the meringue remains crisp after adding the cream and fruit.