

R e c i p e

# GRILLED PEACH BLUEBERRY MERINGUES

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Recipe: **EMMA DUCKWORTH**

## INGREDIENTS

### FOR THE BLUEBERRY SAUCE

- 200 g blueberries
- 60 g sugar
- ½ lemon, juiced
- 1 tsp cornflour
- 60 ml water

### FOR THE MERINGUE

- 3 egg whites
- 220 g caster sugar
- 1 tsp lemon juice

### TO SERVE

- 300 ml whipping cream
- 2 peaches, cut into 8 segments  
per peach
- 1 tbsp olive oil
- 50 g blueberries



#### TIME

Prep Time: 25 Min  
Cooking Time: 2½ hours



#### SERVING

6 Meringues



#### CATEGORY

Dessert



#### ISSUE

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### STEP 1

Place blueberries, sugar, lemon juice, corn flour and water into a small saucepan over medium heat. Bring to a simmer and stir continuously for 5 minutes until the blueberries have popped and the sauce has thickened. Remove from the heat and set aside for ten minutes until cooled slightly. Pour into a blender and blend until smooth. Pour blueberry sauce into a bowl and set aside to cool until room temperature.

### STEP 2

Heat your oven 140C. Line a baking tray with baking paper and trace 6 circles about 8cm in diameter in pencil leaving space between each circle. Then turn the paper over so that the pencil marks are underneath. Using a stand mixer or hand-held electric beaters, in a large bowl beat the egg whites until soft peaks form. Whilst beating, add one tablespoon of caster sugar at a time, whisking well between each addition. Once all the sugar is added, continue whisking for 6 minutes. Then add the lemon juice and whisk for another 4 minutes or until the mixture is thick and glossy and the sugar is fully

incorporated. (When rubbed between finger and thumb the mixture should not feel grainy. If it does continue whisking.)

**STEP 3** Dollop large spoonfuls of meringue onto the baking sheets. Then dollop one heaped teaspoon of blueberry sauce onto the meringue mounds. Use a teaspoon to swirl the blueberry sauce into the meringue and then hollow out the middle of each one so that it has slightly higher sides and a flat middle, like a nest.

**STEP 4** Place the baking tray in the centre of the oven and immediately reduce the oven temperature to 110C and bake for 2.5 hours. Then turn the oven off and leave to cool for a minimum of 2 hours. (Do not open the oven door during this whole process, until fully cooled.)

**STEP 5** Ten minutes before serving, pour your cream into a bowl and whisk until soft peaks form. Baste the peach segments in olive oil. Heat a grill pan on medium to high heat and then grill the peach segments for a couple of minutes on each side.

**STEP 6** To serve, dollop a couple of spoonfuls of whipped cream on each meringue nest. Pour some of the blueberry sauce over the cream, top with 2 or 3 grilled peach segments and fresh blueberries and a couple of mint leaves.