

Puff Candy Meringue



Serves: 4-6

Profitability:

Steps:

PUFF CANDY METHOD

Boil sugar and syrup together until light golden and remove from the heat

Quickly stir in soda until frothy and pour into greased tray and leave to cool

MERINGUE METHOD

Whisk egg whites and add sugar gradually to form soft peaks

Fold 1 tbsp crushed puff candy through

Spoon mixture onto some greaseproof paper about 6cm diameter and bake for 40mins at 150°C Gas Mark 3 until chewy in the middle

BUTTERSCOTCH SAUCE METHOD

Boil the sugar, butter and double cream and simmer for 2 mins in a high-sided pot as this mixture will boil up quite high

Store in a jar in the fridge (this will keep for 3-4 weeks)

To serve

Once the meringues are ready spoon a good quality ice-cream in the centre

Sprinkle with crushed puff candy and heat 1 tbsp per portion of sauce and pour over the top

Ingredients:

PUFF CANDY

Puff Candy Sugar 4 tbsp

Golden syrup 4 tsp

Bicarbonate Soda 1 tsp

MERINGUE

Egg whites 4

Caster sugar 100g

BUTTERSCOTCH SAUCE

Light Muscovado Sugar 100g

Butter 100g

Double Cream 100ml