

Simon's Strawberry Eton Mess



Serves: 5

Profitability:

Steps:

PAVLOVA MERINGUE

- Pre-heat oven to 100°C
- Whisk egg whites to full volume, for approximately 5 minutes
- Slowly add 150g of the caster sugar until it looks glossy, then mix remaining with the cornflour and whisk in briefly on a slow speed
- Pipe out onto silicone paper in small 50 pence piece size domes, sprinkle with freeze dried raspberries
- Bake for approximately 30 minutes or until you can gently lift the meringue off the baking tray

STRAWBERRY AND LIME SORBET

- Mix all ingredients together and churn in an ice cream machine

MASCARPONE AND VANILLA CREAM

- Gently melt gelatine leaf with lime juice
- Add all remaining ingredients together and whisk thoroughly. Store in fridge to set

STRAWBERRY SAUCE

- Bring puree and sugar to the boil
- Add pectin and boil for one minute. Strain and cool

STRAWBERRY AND LIME JELLY

- Gently melt gelatine with lime juice and gently mix all ingredients together avoiding air bubbles

- Set in fridge in a small shallow container
- Once set, cut into cubes

STRAWBERRY FOAM

- Whisk all ingredients together on a high speed for five minutes until a thick meringuelike foam is achieved
- Place in a piping bag

Ingredients:

PAVLOVA MERINGUE

Egg whites 100g

Caster sugar 200g

Cornflower 10g

STRAWBERRY AND LIME SORBET

Strawberry puree 400g

Stock syrup 200g (equal quantities sugar and water)

Black pepper pinch

Limes 2 juiced

MASCARPONE AND VANILLA CREAM

Mascarpone cheese 150g

Vanilla pod 1 split and scraped

Icing sugar 30g

Gelatine leaf 1 soaked in cold water

Lime 1 juiced

STRAWBERRY SAUCE

Strawberry puree 300g

Caster sugar 100g

Pectin 2g

STRAWBERRY AND LIME JELLY

Strawberry puree 100g

Stock syrup 100g

Gelatine leaf 1 soaked in cold water

Lime 1 juiced

STRAWBERRY FOAM

Strawberry puree 100g

Hyfoamer 1g

Xanthan gum 0.2g

Author: Simon Ball, head chef, The Restaurant, Ribby Hall Village, Lancashire