

LIFE'S KITCHEN

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A LOVE OF FOOD &
A SENSE OF OCCASION

RECIPE OF THE MONTH - JUNE 2016

STRAWBERRIES & CREAM WITH VANILLA MERINGUES

Serves 4

With Wimbledon upon us here is great way to enjoy those summer Strawberries.
Recipe provided by Emlyn Sexon, Life's Kitchen Company Head Chef.



INGREDIENTS

2 x Packets of fresh Strawberries
50g caster sugar
50ml water
500ml Double Cream
5 egg whites
250g icing sugar
1 tablespoon caster sugar
Few drops vanilla extract
1 x Vanilla pod
1 tablespoon cornflour

METHOD

For the meringue, makes roughly 20

Preheat the oven to 120°C, ready a baking tray with greaseproof or non-stick baking paper. In a completely dry and clean bowl, whisk the egg whites until stiff Gradually add the icing sugar, caster sugar, vanilla drops and seeds from the pod and cornflour. Whisk again, until shiny and smooth.

Spoon teaspoon-sized dollops of meringue onto the lined baking trays. Bake in the oven for 90 minutes and leave the oven door slightly open. Remove the meringues from the oven and leave to cool.

Wash the strawberries and cut half of them into quarters. With the other half place into a saucepan with the caster sugar and water, and place on the stove and bring to the boil, simmer for 3 minutes and then remove, once cooled blitz the mixture in a rob coupe or with a stick blender until a puree, pass through a strainer to remove any seeds. Leave in fridge to chill. Whisk the double cream until soft whip, and put into a piping bag.

To serve:

Divide the strawberries into four bowls, Pipe a generous helping of the cream on the side, pour over the strawberry puree and scatter 4/5 meringues onto each. Enjoy and have a great summer!