

Meringue-Amisu



Preparation time: 180 mins

Serves: 20 people

User Rating: ★★★★★

Publication: 30 November 2021

Categories: Desserts, Entertaining

This decadent Meringue-Amisu dessert is sure to be the star of any BBQ or dinner - not to mention, those Meringue layers and dusting of cocoa and grated chocolate really give it an impressive touch. The soft meringue, creamy mascarpone and delicious Frangelico coffee ganache pack a punch and leave you wanting more.



Ingredients

Hazelnut Meringue Stack

- 6 egg whites
- ½ tsp cream of tartar
- 1 ½ cups (330g) caster sugar
- ¼ cup (25g) Dutch cocoa powder

- 1 ½ cups (150g) hazelnut meal
- Extra cocoa powder and grated dark chocolate, to decorate

Frangelico Coffee Ganache

- 900ml thickened cream
- 3 tbsp instant coffee granules
- 300g dark chocolate, finely chopped
- ⅓ cup (80ml) Frangelico liqueur

Mascarpone Cream

- 900ml thickened cream
- ½ cup (110g) caster sugar
- 2 tsp vanilla bean paste
- 3 x 250ml tubs mascarpone cheese

Method

Hazelnut Meringue Stack

1. Preheat oven to 100°C (fan-forced). Line three large baking trays with baking paper. Draw a 30cm x 20cm rectangle on each. Turn paper over.
2. Using a stand mixer fitted with a whisk attachment, beat the egg whites and cream of tartar on medium-high speed until foamy. Continue beating, adding the sugar 1 tbsp at a time, until mixture holds stiff peaks. This should take 8-10 minutes. Continue beating for a further 1-2 minutes or until sugar has completely dissolved.
3. Sift in cocoa powder and add hazelnut meal. Fold in carefully until just mixed through. Divide evenly amongst prepared rectangles. Smooth tops.
4. Bake for 2 hours, or until crisp. Turn off oven. Cool meringues completely in oven, with door ajar.

Frangelico Coffee Ganache

1. Bring cream and coffee to the boil in a small saucepan over medium heat. Remove from heat. Place chocolate in a large bowl and pour over hot cream. Stir until chocolate has melted. Refrigerate, covered, for 2 hours, or until cold.
2. Using a stand mixer fitted with a whisk attachment, mix in liqueur and beat the ganache on medium speed until firm and a piping consistency. Spoon mixture into a large piping bag with a 1 ½ - 2cm star nozzle.

Mascarpone Cream

1. Beat cream, sugar and vanilla to soft peaks. Gently beat in mascarpone until a dollop consistency.

To assemble

1. Place one meringue onto a serving platter. Spoon over ⅓ of the mascarpone filling. Pipe with ⅓ of the ganache. Repeat these layers with remaining meringues, cream and ganache, finishing with a layer of meringue and mascarpone cream.
2. Dust with cocoa and decorate with grated chocolate. Refrigerate until serving.

Note: This recipe is best made at least 3-4 hours before serving. Meringue will soften slightly, and ganache and mascarpone cream will set firmly. This will make it easier to cut.

Notes

- Ovens can vary, so start checking the meringue after 1 ½ hours.
- To check that sugar has completely dissolved, rub a small amount of meringue between thumb and forefinger. Mixture should be smooth and not grainy.
- Meringues can be made up to 2-3 days ahead. Store layered with baking paper in an airtight container.
- Meringue will soften if assembled and refrigerated ahead of time. For crisp meringue, assemble just before serving.
- Choose 1 dozen egg cartons with a total weight of 700g. This will ensure you are using the correct sized (59-60g) eggs.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
189g	2870kJ 686kcal	5.4g	57.7g	35.9g	37.1g	34.9g	101mg	1.8g

All nutrition values are per serve.