

Strawberry Eton Mess



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 28 November 2023

Categories: Desserts, Entertaining, Kid Friendly

SBS Food editor and creative home cook extraordinaire, [Camellia Ling Aebischer](#) takes on a classic British dessert and absolutely nails it!





In her take on the Strawberry Eton Mess, clouds of whipped cream embrace juicy strawberries. Lightly crushed meringue joins in the sweet party, turning this kid-friendly classic into something truly amazing.





Ingredients

Meringue

- 2 egg whites
- ½ cup sugar

Strawberries

- 1 x 250 g punnet strawberries
- 2 Tbsp sugar
- 1 tsp vanilla paste or extract

Whipped cream

- 1 cup thickened cream (for whipping)
- 2 Tbsp caster sugar
- 1 tsp vanilla paste or extract

Method

1. Preheat your oven to 110°C convection.
2. To make the meringue, in a medium bowl, whisk egg whites until foaming and fluffy. Add sugar in four parts while whipping until the mix is glossy and forms peaks at the end of the whisk.
3. Pipe the meringue into marshmallow-sized domes onto a lined baking tray. Bake for 1 hour, then turn off the oven and leave the door ajar. Allow the meringue to cool completely inside the oven.
4. For the strawberries, slice the fruit into quarters and place in a small bowl with sugar and vanilla. Mix well and set aside to macerate while you prepare the remaining components.

5. For the whipped cream, add all the ingredients to a large bowl and whisk until soft peaks form.
6. To assemble, lightly crush your meringue. In a serving glass or bowl, layer cream, strawberries and meringue, then repeat once more, finishing with a sprinkling of meringue.