



Eton Mess

This classic English dessert originated at the English boys school Eton College as a simple dish of whipped cream and crushed strawberries. I've added the Cointreau (you could use Grand Marnier or another orange liqueur) as it adds a lift to strawberries that can often be wanting in flavour. Meringue was likely also a later addition, but certainly adds a great textural element - the best ones to use are the large fresh ones from a good patisserie that are crisp on the outside and slightly sticky on the inside; if they're unavailable, use 60g of packaged meringues.

Serves 4

METHOD

1. Hull strawberries and cut in half or quarters depending on size.
2. Place in a bowl, mix through the Cointreau and icing sugar, cover and set aside at room temperature for an hour or so, or refrigerate overnight.
3. Combine crème fraîche and single cream and whip until firm peaks form.
4. Add to strawberries with meringue and fold gently to just combine.
5. Serve in a large bowl or individually.

INGREDIENTS

- 500g strawberries
- ¼ cup Cointreau
- 1 tablespoon icing sugar
- 150ml crème fraîche
- 150ml single cream
- 2 large meringues, crushed