

Eton Mess



Serves 6 **Prep 30 mins**

No cook

Easy

Ingredients

6 shop-bought meringue nests
500g ripe strawberries
50g caster sugar
450 ml double cream
1tbsp icing sugar
1 vanilla pod (optional)

1. Get the fruit ready: wash and hull the strawberries and cut in half or quarters, depending on size: they should be bite-sized in the finished dish. Put in a bowl, sprinkle with 50g caster sugar, toss very gently to coat and leave in a cool place to macerate for at least 20 minutes, until they begin to give up their juices.
2. Now for the cream: put a large bowl in the freezer, if you have room. Scoop out a third of the strawberries and set aside. Lightly crush the rest into a chunky compote. Pour the double cream into the cold bowl, sift in the icing sugar to get rid of any clumps, then scrape in the vanilla seeds, if using, and whip to soft peaks.
3. Mix the meringues and cream: roughly squash six of the meringues, then fold the pieces and the crushed strawberries through the double cream, making sure not to over-mix: the cream should be swirled with strawberry juices, rather than pink all the way through.
4. Plating up: spoon into a serving dish, or divide between six individual dishes, and top with the remaining strawberries. Serve as soon as you can: the meringues will go soggy if kept for too long (although you can make the dish as far as the end of step 2 in advance).