

Italian Meringue Berry Mousse



Serves 6

Prep 15 mins

Chill 2 hours

Easy

Ingredients

250g each raspberries & hulled strawberries

300 ml double cream

220 ml whole milk

3 egg whites

150g caster sugar

2 tbsp cold water

1 tbsp freeze-dried diced raspberries, to garnish

6 x 200 ml glasses to serve

1. Place the raspberries and the strawberries in a blender. Blend until a smooth puree (maybe sieve first?), then combine with the cream in a large bowl and whisk with an electric whisk for 1 - 2 mins until just thick. Mix in the milk. Divide the cream mixture between the six glasses, then leave to chill for 2 hours.
2. In a stand mixer, whisk the egg whites until foamy & they stay put when the bowl is tipped from side to side. Pour the sugar in a bowl with the cold water. Place on low heat for 2 mins until the sugar has dissolved. Turn the heat up so the mixture comes to a boil, then heat until the mixture is 120C when tested with a thermometer, without stirring. This will take 2 - 3 mins.
3. Slowly whisk the sugar liquid into the egg whites on a slow speed. Once all the sugar has been incorporated, whisk for 7 - 8 mins on a fast speed until thick, stiff and glossy. Transfer to a piping bag fitted with a fluted nozzle
4. Pipe the meringue on top of each dessert. Allow to cool, then sprinkle over the freeze-dried raspberry pieces and serve.