

Meringue Nests



Serves 4 **Prep 30 mins**

Cooking 2h

Easy

Ingredients

4 large free-range eggs whites

250g caster sugar

284ml double cream or confectioner's custard

200-300g mixture of fruit:

raspberries, strawberries, blueberries, redcurrants, washed

1. Preheat the oven to 150C/ 130C Fan/ Gas 2. Line a baking tray with non-stick greaseproof paper.
2. Place the egg whites in a mixing bowl and whisk until they form soft peaks when the whisk is removed.
3. Add the caster sugar, a spoonful at a time, constantly whisking. When the sugar is absorbed, the meringue should look shiny, glossy and stiff.
4. Using a tbsp, spoon the mixture onto the paper-lined baking tray and make little nests with a dip in the middle to hold the filling. Place in the oven and bake for 15 minutes.
5. Lower the oven temperature to 110C/ Fan 100C/ Gas ¼ and cook for a further 1-1½ hours until crisp on the outside and gooey in the middle. Leave to cool.
6. Fill the nests with the cream and top with the fruit.