ALTERNATIVE ETON MESS

Iain Graham

INGREDIENTS

200g ground sieved almonds
8 egg whites
250g icing sugar
430 g caster sugar
Red/ pink food colour
500 g Frozen raspberries
1/2 banana
200g sweet pastry
1 pun of fresh raspberries
1 pun fresh strawberries
260ml Double cream

TAGS

#bakingtribe

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Grab the frozen raspberries, banana and around 2 tbs of icing sugar

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Pass the soft raspberries through a sieve
3. Once they have been passed you can discard the seeds.

4. Now mash the banana and pass it through the sieve too.

5. Mix the banana puree into the raspberry puree.


7. Spread the mixture out on a tray and bake at a low heat around 65 to 70°C for around 2 hours. It should be dry to the touch and slightly shiny peel off whilst warm.

8. Grab the sweet pastry.
9 Press the soft pastry flat between a folded sheet of parchment

10 Roll it out whilst still in the parchment and then put in the fridge to firm up again

11 After around 10 minutes the pastry will be firm enough to cut. Using a bottle top....

12 ... cut out small rounds and bake them at 180 C

14 For the Macarons, sift the almonds

15 Mix the icing sugar and the almonds together
Separate 5 eggs, keeping the yolks on one side and putting the whites in the bowl of the mixer.

Dissolve 200g of caster sugar in some water and heat gently to 120°C. Whilst heating the syrup, switch on the mixer and start to whip the eggs.

Once the sugar reaches 120°C pour onto the whites whilst still beating the eggs.

As the meringue starts to cool add in some colouring.

Fold in the sifted almonds and icing sugar into the coloured whites (meringue).

Mark up your tray using a pencil and a ring or cutter. Be sure to then turn over the paper.
Now pipe the macaron mix and allow to stand for at least 30 minutes so that the Macarons can skin. Bake at 180 for 8 minutes.

Separate the 3 remaining eggs and whip the whites to soft peaks, then slowly shake in the caster sugar. Whip for a few minutes until the sugar is fully incorporated.

Smooth out the meringue on parchment and bake at 100°C for around 30 minutes until it is crisp to the touch.

Dust the fresh raspberries and strawberries in icing sugar and allow to stand.
Add some sugar to the cream

Begin to whip

Once its nice and thick it's ready. Now assemble your berries, meringue, macarons, pastry discs, the fruit paper and the cream

Create a something striking... and enjoy