ALTERNATIVE ETON MESS

Iain Graham

INGREDIENTS

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

TAGS

#bakingtribe

None

1

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

2

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

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

Mix the banana puree into the raspberry puree.

Now stir in the Icing Sugar.

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

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

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

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

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

For the Macarons, sift the almonds

Mix the icing sugar and the almonds together
Separate 5 eggs, keeping the yolks to 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 it's nice and thick, it's ready. Now assemble your berries, meringue, macarons, pastry discs, the fruit paper and the cream. Create something striking... and enjoy.