



**Eton Mess**  
**Dennis Leslie – The Hilton Adelaide**

18th December 2011

4 Egg Whites  
50gr Castor Sugar  
1 cup Cream  
1 Tspn Vanilla Essence  
2 Tblspn Icing Sugar  
2 Punnets of Berries  
1 Cup Marshmallows

**Method**

Place the egg whites into a mixer and mix on high until stiff peaks form.

Place the castor sugar in a small saucepan with 1 teaspoon of water. Make a slurry with the sugar and water and heat on medium high heat. Do not stir, use a wet pastry brush to brush the sugar crystals that form on the sides of the pots. Cook to crack stage which is 130°C

Place the mixer on the lowest speed and gently tip the melted sugar down the side of the mixer. Mix on low until well incorporated then place on high heat again for about another 5 minutes or until the meringue is smooth and develops a sheen on the surface

Place the meringue in a piping bag and set aside. Clean the mixer

Add the cream in the mixer and mix on high heat.

Slowly add the vanilla essence into the cream by dripping it down the side of the bowl. Mix until it has stiff peaks

Put the mixer on the slowest speed and add the icing sugar and mix well.

Arrange the berries in a bowl. Pipe some cream on top, then cherries, followed by broken marshmallows then meringue and torch each layer of meringue. Continue this process until you fill the bowl hopefully ending up with the torched meringue on top.

**ASFM SHOPPING LIST**

**Ingredients**

eggs  
cream  
berries

**Stallholders**

Rosie's Free Range Eggs, Rohde's Free Range  
Fleurieu Milk Company  
Kuitpo Forest Strawberries; Ruby Spoon; Cottonville  
Farms