

Eton Mess with Raspberry Ripple Cream & Fresh Cherries

For a summery dessert that looks the part without being high maintenance, whip up this fruity little number, says Will Greenstock from the award-winning Horse & Groom in Bourton on the Hill.

Serves 6

Ingredients:

For the Meringue

4 egg whites at room temperature
pinch of salt
240g caster sugar
2 teaspoons cornflour
1 tsp white wine vinegar
a few drops vanilla essence
300ml double cream, whipped
350g fresh cherries, pitted

For the Raspberry Sauce

250g raspberries
juice 1 lemon
125g caster sugar

Method:

Preheat the oven to 180°C. Line a baking tray with baking paper and draw a 20cm circle on the paper. Beat egg whites and salt until they form soft peaks and you can turn the bowl upside down without them sliding out. Beat in the sugar, a third at a time, until meringue is stiff and shiny. Sprinkle over cornflour, vanilla & vinegar and fold in lightly.

Spoon the mixture onto the prepared baking sheet within the circle, flattening the top. Place in the oven, immediately reduce the temp to 150°C and cook for 30 mins. Reduce further to 120°C and cook for 45 mins. Turn off oven and leave the meringue in it to cool completely.

To make the raspberry coulis, blend the ingredients in a liquidiser until shiny and the sugar crystals have dissolved. Press through a coarse sieve to extract seeds. Taste for sweetness and adjust if necessary.

To serve

Crush the cooled meringue into a large bowl (if the centre of the meringue is still slightly soft then so much the better – it'll give a contrast in texture). Add the pitted cherries and raspberry coulis to the bowl, then fold in the whipped cream (don't over fold otherwise you will lose the 'ripple' effect).

And to drink...

Our wine expert, Matt from Vinology, recommends Stella Bella Pink Muscat £8.59

“A stunning wine from Western Australia, this has a juicy sweetness that jumps out of the glass. Perfect drinking with summer fruit based desserts. Or forget the fruit and serve it on its own.”