

313 MAIN STREET  
AMES, IA 50010  
515.233.4272

M-W 9:30am-6pm  
TH 9:30am-8pm  
FR 9:30am-6pm  
SA 9:30am-5pm



## **Eton Mess**

Serves 4-6

### **Meringue Ingredients:**

4 large egg, whites only  
1/4 teaspoon cream of tartar  
1/2 teaspoon pure vanilla extract  
1/2 teaspoon almond extract  
Pinch of salt  
3/4 cup superfine sugar

### **Strawberry Ingredients:**

1 pound fresh strawberries, hulled  
2 tablespoons superfine sugar, divided

### **Meringue Directions:**

1. Preheat the oven to 200°F. Line a baking sheet with parchment paper or a silicone baking mat.
2. Using a spotlessly clean metal or glass mixing bowl, beat the egg whites on medium until broken up and displaying a foamy appearance. Add the cream of tartar and continue beating, now on high speed, until the egg whites reach the soft peak stage. Add the vanilla extract, almond extract, and salt.
3. Continue beating the egg whites; sprinkle the sugar on top with the mixer running. The sugar will gradually dissolve as the egg whites reach the stiff peak stage.
4. Dollop generous helpings, about 12 mounds, of the meringue on the prepared baking sheet. Spread each mound and flatten slightly.
5. Bake in the oven for 1-1/2 hours or until the outside of the meringue begins to crisp. Turn off the oven; allow the meringues to continue to dry out, several hours or overnight.

### **Strawberry Directions:**

6. Near serving time, hull the strawberries, cut in quarters. Transfer about one-quarter of the strawberries to a bowl and coarsely mash with a fork. Add 1 tablespoon of the sugar and 1 tablespoon of liqueur. Mix well, set aside.
7. With the remaining quartered strawberries, add the remaining 1 tablespoon of sugar, stir gently to combine. Add the mashed strawberries to the sugared, quartered strawberries and fold to combine. Set aside.

### **Whipped Cream Directions:**

8. In a chilled, deep mixing bowl, combine the cold cream, vanilla, and powdered sugar. Stir until the sugar dissolves. Whisk vigorously by hand, or using the whisk attachment beat in a stand mixer just until stiff peaks form. Do not overbeat.

### **Assembly:**

9. With all three components ready, break the meringues into bite-sized pieces. Add the whipped cream and fold in gently. Finally, gradually fold in the strawberries, barely mixing. Each of the three components should be visible separately. Garnish with a whole strawberry and mint, and serve immediately.

1 tablespoon strawberry, raspberry, or  
pomegranate liqueur

### **Whipped Cream:**

1 cup heavy cream  
1/2 teaspoon pure vanilla extract  
2 tbsp. powdered sugar

### **Garnish:** (optional)

4 whole strawberries, or mint springs