



STRAWBERRY & MERINGUE ETON MESS

Wine pairing: VQA Traditional Method Sparkling

Gluten-free

Serves 4 to 6

Prep Time: Under 15 minutes

Cook Time: 40 minutes

Meringue:

2	large egg whites, at room temperature
½ tsp	cream of tartar
½ cup (100 g)	granulated sugar

Assembly:

¾ cup (175 mL)	whipping cream
2 Tbsp (16 g)	icing sugar
½ tsp	vanilla extract
2 cups (500 mL)	fresh sliced strawberries

1. Preheat the oven to 250°F (121°C) and line a baking tray with parchment paper.
2. Whip the egg whites and cream of tartar on high speed using electric beaters or a stand mixer until they become foamy. While still whipping, slowly pour in the sugar and continue to whip on high until the whites hold a stiff peak when the beaters are lifted.
3. Spoon the meringue onto the prepared baking tray and spread it out into a thin, level layer filling the tray. Bake the meringue for about 40 minutes; if the meringue shows signs of browning, crack the oven door while you continue to bake it. When you remove the meringue tray to a rack to cool, it will crisp up as it cools. If you notice that the meringue still seems soft in the centre, you can return it to the oven for an additional 5 to 10 minutes to dry out (even if it has cooled completely). Cool the meringue before assembling. You can prepare the meringue a day ahead and store it, broken into large pieces, in an airtight container.
4. To assemble, whip the cream until it holds a soft peak when the beaters are lifted. Add the icing sugar and vanilla and whip in quickly. Spoon the berries sprinkle the berries over this and gently fold in. This can be made ahead and chilled until ready to serve.
5. To serve, crumble the meringue over the strawberry cream and fold in gently but quickly. Spoon this into a serving bowl or individual glasses and serve immediately.



INGREDIENTS

As above

**If you wish to assemble the dessert during the live demo, please prepare the meringue ahead of time. Otherwise, the dessert can be assembled after the class.

TOOLS

- Electric beaters or stand mixer
- Baking tray & parchment paper
- Large mixing bowl
- Spatula

SUGGESTED WINES

Angels Gate 2014 Archangel Sparkling Chardonnay
Redstone 2017 Limestone Sparkling
Queenston Mile 2016 Blanc de Noirs Brut Nature
Kew Vineyards 2017 Tradition
Big Head NV Big Bang Black
Rosehall Run NV Ceremony

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