

Taste the Hills

Recipes and Tips

Summer fruit meringue roulade

4 egg whites	300ml double or whipping cream
1 tsp cornflour	2 tbsp ground almonds
225g caster sugar	75g flaked almonds
Grated zest of 1 lemon	A few drops almond essence
Approx 300g fruit plus a little sugar	

I like to make a puree of some of the fruit. Sieve the purée if you prefer and, if it is watery (eg gooseberries or rhubarb), boil the liquid down a little. Taste and add a little sugar, but bear in mind that the meringue will be very sweet. Allow to cool.

Turn on oven to 175C/340F Whisk the egg whites to soft peaks. Whisk in the sugar a very little at a time and add the sifted cornflour along with the lemon zest and almond essence, beating all the time, until the mixture can form proper peaks again.

Line a baking sheet with silicon paper and gently spread the mixture on to it before scattering with the flaked almonds.

Bake the meringue for 15 minutes, until set and dry to touch. It will still be very soft inside but golden brown on the surface.

Place a length of silicon paper over the cooked meringue and lay another baking sheet or tray on top before flipping it over. Peel off the greaseproof from the soft underside and leave to cool while you whip the cream. Spread the cream onto the cooled meringue and scatter on the ground almonds. (don't let the meringue get too cold before you do all this as it makes it more difficult to roll)

Drizzle on the puree and scatter the fruit over the whole thing.

Roll it up from the long edge, using the paper to help you guide it into shape. Be firm with it!

Chill until ready to serve.

Variations – You could use a blend of mascarpone and cream , or add vanilla instead of almond. Hazelnuts are also good, particularly with raspberries or poached apricots. Tinned cherries in syrup with a little sloe gin or cherry brandy?

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