
SUMMER FRUIT MOUSSE WITH MERINGUE SHARDS



Ingredients:

Mousse

- 350 ml Summer Fruit Juice*
- 227 g Marshmallows
- 300 ml Double Cream

* You can:

- Use frozen Summer Fruits – 500g. Gently simmer them down until very soft; thoroughly strain the juice through a sieve, and measure liquid – you might need to top up to 350mls, OR

- Pick your own Summer Fruits – 500g (Strawberries 20%, Raspberries 20%, Red and Black currants 40%, Blackberries 20%). Gently simmer them down until very soft; thoroughly strain the juice through a sieve, and measure liquid – you might need to top up to 350mls.

For both of these ... Keep the resulting pulp after straining the juice from it and use in a cake afterwards (my preferred recipe is at the end).

Meringue

- 1 Egg White (large)
- Pinch Cream of Tartar
- 65 g Caster Sugar

To Serve

- Blueberries (or a preferred fruit)

Method

- 1) Into a large, heavy based pan pour the Summer Fruit juice and bring to a gentle simmer
- 2) Add the marshmallows and stir gently – I use a metal spoon
Keep stirring until all the marshmallows are melted – sweeten to taste
Set aside to cool down, and start to thicken (it must be cool/cold when added to the cream, but preferably not solid)
- 3) While the juice/marshmallow mixture is cooling you can make the meringue shards.
Line a baking sheet with a silicon mat (or greaseproof paper).

Turn the oven on to very low ... 200°F

- Place the egg white in a clean mixing bowl
- Using an electric mixer, mix on medium speed until egg white is frothy
- Add the pinch of Cream of Tartar
- Keep mixing until egg whites are at soft peak stage
- Slowly (spoon by spoon) add the caster sugar – beating well between additions
- When all sugar has been added, increase the mixing speed to medium/high, and keep beating until the mix is very glossy and thick.
- Spread thinly on prepared baking sheet and place in the oven 45-60 mins.
- Turn the oven off, and leave meringue in place to cool/dry out.

Return to the Juice/Marshmallow mixture if it is now cool, but not solid

- 4) Whip Cream until soft peaks form
- 5) Gently add the cold Summer Fruit/Marshmallow mix to the cream
Whip on medium speed until well mixed (it is worth removing whisk from mixer and gently scraping the sides of the bowl to ensure all whipped cream is incorporated)
- 6) Pour mixture into serving bowl ... a glass bowl is ideal so colour can be appreciated.

To Serve

Break the meringue into shards and place upright into the dessert

Scatter Blueberries (or berries of choice) over the surface of the dessert

Take to the table and enjoy

Summer Fruit Loaf

Ingredients:

6 oz Margarine (or butter)

6 oz Sugar

6 oz Self-Raising Flour

.5 tsp Baking Powder

2 lge Eggs

Fruit Pulp left over after straining the juice from 500g summer fruit

Method:

- Melt margarine and sugar in saucepan. Pour mixture into your mixing bowl
- Measure flour and baking powder into a container and stir to mix up – I use a hand whisk
- Add the flour/bp alternatively with the eggs – slowly mix until just incorporated.
- Add the fruit pulp, and beat well.
- Pour into a well greased/lined 2lb loaf tin
- Bake in a moderate oven (Gas 4/180C) for approximately 40 minutes
- Turn the loaf tin around in the oven for a further 10 minutes or so – until skewer comes out clean.

Leave in tin to cool for 20 minutes or so before removing from the baking tin.

To Serve

- You can serve this plain – it is very tasty and moist just as it is.
- You can make a water or milk icing with Icing Sugar and water or milk and drizzle over the loaf, allowing some to spill down the sides.
- You can warm this slightly in the oven and serve with cream or custard.