Eton Mess with Flavour Pearls

April 10, 2018

There's a reason why the recipe for Eton Mess has been enjoyed and adapted and has been around since the late 1800's…it's because it's quick to make and oh so delicious…we've added a garnish of Strawberry Flavour Pearls for that added gorgeous bursting texture.

This recipe for Eton Mess will serve 4

- 260 g mixed berries – you could include blueberries, blackberries, strawberries, raspberries
- 1 tbsp plus 1 tsp icing sugar
- 125 ml thickened cream
- 1/4 tsp vanilla bean paste or a splash of essence
- 200 g Greek yogurt (you can substitute for creme fraiche if you like)
- 2 x store bought meringue nests – broken into bits or feel free to bake your own using our recipe
- 1 x 50 g jar of Strawberry Flavour Pearls – or Raspberry or Blackcurrant or Tangerine or Passion fruit or Lemon Myrtle…

Put the berries in a bowl. Add 1 tablespoon of icing sugar and mix, crushing a few of the berries.

In a separate bowl whip the cream, 1 teaspoon of icing sugar and the vanilla to soft peaks. Stir the yogurt to loosen slightly.

Carefully fold the yogurt into the cream with the berries and lastly the meringue.

Spoon the mixture into 4 glasses and serve.

One fab thing about this recipe is that it's just soooo versatile…can't get your hands on berries for some reason….just slice some bananas and add a little passion fruit pulp…love chocolate – use chocolate meringues or simply grate some chocolate into the mixture (lovely with raspberries)…there is also no reason you can't use some frozen berries if the fresh ones aren't in season or simply for convenience.

We've used only strawberries today and also added in a handful of freeze dried raspberries for added delicious crunch…I also popped into the local op shop and bought some pretty old fashioned glasses to serve…ta dah…dessert is served in under 10 minutes!

Until next time

Rodney & Fiona

> ***It's the finale. It's the last impression. A bad dessert can ruin the meal.***
>
> *Anne McManus*