LIGHT & SWEET

Meringue Nests with Lemon Cream and Berries

PREP	COOK	SERVES
25 min	1 h 15 min	6

Vegetarian

Crisp meringue nests filled with lemony cream and fresh berries. Airy and not too sweet.

Ingredients

For the meringues

- 3 egg whites
- 170 g caster sugar
- 1 tsp cornflour
- 1 tsp white wine vinegar

For the filling

- 200 ml double cream
- 150 g Greek yoghurt
- 3 tbsp lemon curd
- 300 g mixed berries

Method

1. Heat the oven to 120°C and line a baking tray with parchment.
2. Whisk the egg whites to stiff peaks. Add the sugar one spoonful at a time, whisking until thick and glossy. Fold in the cornflour and vinegar.
3. Spoon six mounds onto the tray and make a dip in the middle of each with the back of a spoon.
4. Bake for 1 hour 15 minutes, then switch the oven off and leave the meringues inside until cool.
5. Whip the cream to soft peaks and fold in the yoghurt and lemon curd.

6 Fill the nests with the cream and top with the berries.

Cook's tip

Cooling the meringues in the switched-off oven stops them from cracking.