FRESH & COOL

Strawberry and Elderflower Eton Mess

PREP
15 min

SERVES
6

Vegetarian

Juicy strawberries, whipped cream and crisp meringue with a floral hint of elderflower. Ready in fifteen minutes.

Ingredients

For the berries

- 500 g strawberries, hulled and quartered
- 2 tbsp elderflower cordial
- 1 tbsp caster sugar

For the cream

- 300 ml double cream
- 150 g thick Greek yoghurt
- 1 tsp vanilla extract

To assemble

- 6 meringue nests (about 100 g), broken into chunks
- A handful of mint leaves

Method

1. Toss the strawberries with the elderflower cordial and sugar. Leave for 15 minutes so the juices run.
2. Whip the cream with the vanilla to soft peaks, then fold in the yoghurt.
3. Just before serving, fold the meringue chunks and most of the strawberries through the cream, leaving it rippled.

4. Spoon into glasses and top with the remaining strawberries, their juices and a few mint leaves.

Cook's tip

Add the meringue at the last minute, or it turns soft and chewy.