



Strawberry Rhubarb Eton Mess

Prep Time: 90 mins

Total Time: 1 hr 40 mins

Servings: 6

Ingredients

Meringues

- 2 egg whites
- 1/2 cup sugar
- 1/4 teaspoon vinegar
- 1/4 teaspoon corn starch
- 1/2 teaspoon vanilla extract

Strawberry Rhubarb Compote

- 1 cup chopped rhubarb
- 1 cup sliced strawberries
- 1/2 cup orange juice
- 1/4 cup sugar or honey
- 1 teaspoon orange or lemon zest

Whipped Cream

- 1 1/2 cups heavy cream
- 2 tablespoons sugar
- 1/2 teaspoon vanilla extract

Preparation

Make the Meringues:

Preheat oven to 250 degrees F. Line a large baking sheet with parchment paper or silicone mat.

Whisk the eggs with a mixer on medium speed until soft peaks form. Increase speed to medium high and slowly add the sugar, one spoonful at a time. Continue beating until sugar is completely incorporated and the stiff peaks form. Gently fold in the vinegar, cornstarch and vanilla with a spatula.

Spoon the meringue into twelve large dollops on the baking sheet.

Bake for 90 minutes or until the surface of the meringues are dull and they feel dry to the touch. Let the meringues cool for at least an hour or overnight.

Strawberry Rhubarb Compote:

Preheat a sauce pan over medium high heat, and add the rhubarb, strawberries, OJ, sugar and orange or lemon zest.

Bring to a boil and stir occasionally, then reduce the heat to low and simmer for about 10 minutes until the fruit is soft and starts to fall apart.

Set aside and let cool to room temperature (or store in an airtight container in the refrigerator if making ahead for up to 1 week).

Whipped Cream: (can also use store-bought if you prefer to not make your own)

In a large mixing bowl, whip together the heavy cream, sugar and vanilla with a whisk until soft peaks form.

Assemble the Eton Mess:

Crumble meringues into a large mixing bowl.

Top with spoonfuls of whipped cream and strawberry rhubarb compote in layers and fold until just barely combined.

Divide evenly between six dessert bowls or glasses and serve immediately.