

Eton Mess

<http://userealbutter.com/2010/04/18/eton-mess-recipe/>

4 (150g) egg whites
pinch of salt
1 (225g) cup sugar
1 lb. (500g) strawberries, washed, topped, and diced
dash of Grand Marnier
1+ cups heavy cream, whipped to soft peaks

Preheat oven to 200°F. Line two baking sheets with parchment. Combine the egg whites and salt in the bowl of a stand mixer (or in any old bowl if using hand mixer). Whisk on high for a few minutes until soft peaks form. Gradually add the sugar in while beating on high (of course, my mixer flings some of the sugar around the kitchen when I do this) until stiff peaks and glossy. Fill a piping bag fitted with a wide tip (plain or fluted is fine) with meringue. Pipe long strips of meringue and some little decorative pieces (like stars, buttons, etc.) on the parchment. Bake for an hour or until the meringues are hard when tapped. Try to keep them white (they will start to brown if you let them go too long). Meanwhile, combine the strawberries and Grand Marnier in a bowl and seal tightly with plastic wrap. Shake the hell out of the bowl. Set aside. Remove the meringues from oven and let cool completely before removing from parchment. Whip the heavy cream to soft peaks. Crumble the meringue tubes into a large bowl. Add whipped cream and gently fold together. If it's a big solid mass, add more cream to desired consistency. Then add strawberries and fold until they are coated with cream. Serve immediately. 8 to 10 servings.