



Natrel
Lactose Free®

Strawberry and Cream Meringues

Brown sugar meringue nests make a perfect base for sliced strawberries and lactose-free whipping cream; a special treat for family and friends.

Preparation: 15 minutes

Baking time for meringue: 1 hour

Cooling time for meringue: 1 hour

4	egg whites, at room temperature
1 mL (1/4 tsp)	cream of tartar
125 mL (1/2 cup)	granulated sugar
125 mL (1/2 cup)	golden brown sugar
15 mL (1 tbsp)	cornstarch
5 mL (1 tsp)	vanilla extract
300 mL (1-1/4 cups)	Natrel Lactose Free 35% m.f. Whipping Cream
30 mL (2 tbsp)	strawberry jam or jelly
500 mL (2 cups)	fresh strawberries, hulled & sliced
	fresh mint (optional)

HEAT oven to 250° F. Line baking sheet with parchment paper. Using a 4-inch round bowl, trace out 6 (4-inch) circles, about 1-inch apart on paper.

PLACE sugars in food processor and process 10 to 15 seconds to make a finer sugar blend.

BEAT egg whites and cream of tartar with electric mixer on high, until soft peaks form. Beat in sugar mixture, 2 tsp at a time, until glossy peaks form. Beat in cornstarch and vanilla. When mixture stands in stiff peaks on the beater, it is ready for baking. Do not overbeat.

SPREAD egg white mixture onto traced circles on baking sheet, mounding sides up and using the back of a spoon to form hollow nests.

BAKE 1 hour or until outside is crisp and dry. Turn oven off and leave meringue shells inside until completely cooled. (Note: meringue shells can be made ahead and stored in airtight container for up to 2 days).

WHIP cream with electric mixer on high until soft peaks form. Add strawberry jam or jelly to whipped cream in mixer. Beat for an additional few seconds to combine. Shortly before serving, fill each meringue shell with strawberries and whipped cream mixture. Garnish with mint.

Makes 6 servings

TIPS

- For a white coloured meringue use 1 cup superfine sugar, or granulated sugar that has been pulsed briefly in a food processor.
- Meringues are best made when humidity is not high.
- If desired, use commercially available white meringue nests; fill as above.