Strawberry & Elderflower Eton Mess

Serves: 4

Prep Time: 20 minutes

No cooking required ***(unless making meringue from scratch)***

Ingredients:

- 300g fresh strawberries, hulled and halved or quartered
- 1–2 tbsp elderflower cordial (adjust to taste)
- 2 tsp caster sugar
- 300ml double cream
- 1 tsp vanilla extract or vanilla bean paste
- 4 small meringue nests (shop-bought or homemade), roughly crushed
- Fresh mint leaves (optional, for garnish)

Instuctions:

Marinate the strawberries:

1. Place the prepared strawberries in a bowl.
2. Add elderflower cordial and caster sugar.
3. Gently mix and leave to macerate for about 10–15 minutes. This will draw out the juices and enhance the flavour.

Whip the cream:

1. In a separate bowl, whip the double cream with the vanilla extract until it forms soft peaks.

Assemble:

1. Gently fold the crushed meringue and half the strawberries (plus their juices) into the whipped cream.
2. Layer into serving glasses or bowls, finishing with the remaining strawberries on top.

Garnish (optional):

1. Decorate with a few fresh mint leaves for colour and a touch of freshness.

Tips:

1. For an extra crunch, add some toasted flaked almonds or crushed pistachios.
2. If you don’t have elderflower cordial, a splash of orange liqueur or a squeeze of lemon can also brighten the strawberries.