

COCONUT MERINGUES

WITH GINGER CHANTILLY AND A STRAWBERRY SLICE



This is a simplified version of the French macaroons but they look just as pretty as the real thing.

INGREDIENTS

For the Meringues

- 100g desiccated coconut
- 200g caster sugar
- 4 egg whites

For the ginger Chantilly

- 200g low-fat cream cheese
- 2½ tsp icing sugar
- 8 large strawberries (*cut into 3 discs*)
- 2 tbsp ginger syrup
- Vanilla

PREPARATION METHOD

COCONUT MERINGUES

1. **Preheat the oven to 110° C.** Heat a large frying pan without any oil in it over a medium heat and **toast the coconut** for a few minutes until golden brown and toasty. Put into a bowl and set aside.
2. **Put the sugar and one of the egg whites** into a clean bowl and **whisk with a mixer** for about 30 seconds on a high speed. Add another egg white and whisk for about two minutes more. The mixture will start to become quite thick. Add the remaining egg whites, one at a time, beating really well between each addition. Whisk until the mixture is really stiff, white and shiny. It should become so stiff that if you turned the bowl upside down the meringue would not come out ! Finally, **gently fold in the coconut** until well combined.
3. Using a large spoon, scoop the mixture into a piping bag which has been fitted with a *plain* nozzle. Pipe out about 40 blobs spaced apart on the baking trays, with each one measuring 3 cm wide and with a little peak on the top so that it reaches about 2 cm in height.
4. **Bake for around 1 hour 30 minutes** or until the meringues are crisp on the outside but still a little soft on the inside. Swap the trays around on the shelves half way through the cooking time to ensure even cooking.

GINGER CHANTILLY AND STRAWBERRIES

5. **When the meringues are cooked**, take them out of the oven and set aside to cool down. As they cool, make the ginger filly Chantilly. Mix all of the ingredients together well in a bowl. Put into the fridge until ready to assemble.
6. Once the meringues are completely cool, pipe a small blob of the ginger filling on the bottom of two meringue pieces. **Place a slice of strawberry in between and then sandwich it together with the other meringue.** Repeat with the remaining meringues and filling to make about 20 or so in total, arranging them on a large platter as you go. Serve straight away. Enjoy !