QUEEN
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PREP: 20 mins + cooling
COOK: 40 mins
SERVES: 4-6

Roasted Fig & Caramel Eton Mess

Caramel rum roasted figs are a naughty-but-nice addition to the classic Eton mess of crushed meringue and fluffy cream. Simply prepare all ingredients ahead of time and assemble right before serving!

Ingredients

Brown Sugar Meringue

3 egg whites, at room temperature
½ cup (110g) caster sugar
¼ cup (60g) light brown sugar
½ tsp Queen Vanilla Bean Paste
1 teaspoon white vinegar

Caramelised Figs

9-12 fresh figs, quartered
4 tbsp caster sugar
1 tbsp unsalted butter
1-2 tsp Rum (optional)
150ml thickened cream

Method - Brown Sugar Meringue

STEP 1

Preheat oven to 160°C. Grease and line two baking trays with non-stick baking paper. Combine sugars in a medium sized bowl and mix until well combined.

STEP 2

Whisk egg whites in a clean, dry bowl until soft peaks form. Gradually add sugars until a thick, glossy meringue forms. Add vanilla and vinegar then whisk until just combined, about 30 seconds.

STEP 3

Spread mixture onto baking trays to make two medium oval meringues per tray. Use a spoon to create peaks and bake for 30 minutes until crisp and hollow when tapped.
Turn oven off completely and allow to cool in the oven with the door ajar.

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Ingredients

Pinch of sea salt flakes

2 tsp Queen Vanilla Bean Paste

To Serve

200g pistachios, dry roasted and roughly chopped

450ml thickened cream

Method - Caramelised Figs

STEP 1

Line a baking tray with non-stick baking paper and keep handy to the stove top.

STEP 2

Heat a heavy-bottomed frypan over medium heat. Sprinkle sugar over the base and heat without stirring until sugar begins to melt. Gently shake the frypan to assist melting and heat until medium brown in colour.

STEP 3

Remove from heat and carefully add butter, vanilla bean paste and salt. Stir to combine, then add figs. Gently stir to coat, then remove figs and place on non-stick paper to cool completely.

STEP 4

Add rum essence and 150ml cream to remaining caramel in frypan and stir well to make a caramel sauce. Refrigerate to cool and remove from 15 minutes before serving to bring to room temperature.

Method - To Serve

STEP 1

Beat remaining cream with electric beaters in a medium bowl until soft peaks form. Gently fold through vanilla bean paste until just combined.

STEP 2

When ready to assemble, break meringue up gently to create a mix of small and large pieces.

STEP 3

Place a small amount of caramel in the base of 6 serving glasses, followed by cream, meringue, pistachios and figs. Repeat to create a second layer and finish with extra figs, sauce and pistachios to serve.

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