

ETON MESS –Do you know how this recipe got its name?

Serves 4 people

Equipment

Measuring jug
Weighing scales
Large mixing bowl
Whisk
Wooden spoon
Chopping board
Sharp knife
Sieve

Ingredients

250ml Greek yoghurt
250ml double cream
5 ready-made meringue nests
150g strawberries*
50g icing sugar

Assemble all the ingredients and equipment you will need to make **ETON MESS**. Do you recognise all the ingredients and equipment? If not, ask an adult to explain them to you. Make sure you wash your hands and wear a clean apron.

METHOD

1. Whip the cream in a large mixing bowl until it holds soft peaks.
 2. Add the yoghurt and mix well. Set aside.
 3. Wash the strawberries and then carefully remove the stalk from the top of each one. Chop the strawberries.
 4. Crush the meringue nests. If you put the meringue nests into a food bag, seal the bag and then crush them, this will keep the work surface tidy. You can then empty the meringues from the bag when you need them.
 5. Add the chopped strawberries and crushed meringues to the bowl. Sift in the icing sugar and fold everything together.
- Everyone should help with the clearing up and tidying away. This part is just as important as the cooking and can be as much fun!
 - Never serve piping hot food straight from the oven or grill. Always allow it to cool slightly first.