

Dessert

Eton Mess

Food Network Magazine - June 2011

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

4 packages (6 oz) fresh raspberries

1 cup sugar

3 tablespoons sugar (additional)

1 tablespoon lemon juice, freshly squeezed

1 tablespoon framboise liqueur

1 1/2 cups heavy cream, cold

1 teaspoon pure vanilla extract

3 3-inch bakery meringue shells, broken into pieces

Pour two packages of the raspberries, one cup of the sugar and the lemon juice into a 10-inch saute' pan. Crush the berries lightly with a fork and bring the mixture to a full boil over medium-high heat. Lower the heat and simmer for 10 minutes, stirring occasionally, until the mixture is syrupy.

Fold the remaining two packages of raspberries and the framboise into the hot mixture and refrigerate until very cold.

In the bowl of an electric mixer fitted with the whisk attachment, beat the cream, the remaining sugar and the vanilla together on medium-high speed until it forms peaks.

In decorative glasses, layer a spoonful of the whipped cream, a spoonful of the raspberry mixture and then a few meringue pieces. Repeat once or twice, depending on the size of the glasses, until the glasses are full, ending with berries and a dollop of cream.

Serve immediately or chill for one hour, until ready to serve.

Per Serving (excluding unknown items): 335 Calories; 22g Fat (57.5% calories from fat); 1g Protein; 35g Carbohydrate; trace Dietary Fiber; 82mg Cholesterol; 23mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 4 1/2 Fat; 2 Other Carbohydrates.