

Frozen Meringue Cream with Raspberry Compote

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Relish Magazine - May 2014

Servings: 12

COMPOTE

12 ounces fresh or frozen raspberries
or strawberries

2 tablespoons sugar

2 tablespoons fresh lemon juice

MERINGUE CREAM

2 cups heavy cream

1/4 cup sugar

1/2 teaspoon vanilla extract

3 ounces meringue cookies (about 9)

In a medium saucepan over medium heat, combine the raspberries, sugar and lemon juice. Cook, stirring occasionally, until the raspberries begin to break down and release their juices, about 5 minutes. Transfer the compote to a bowl and let cool.

Lightly oil a 9x5-inch loaf pan with vegetable oil. Line the bottom and sides with plastic wrap, leaving a three-inch overhang on all sides.

Crumble the meringues, leaving some large chunks. Arrange a 1/2-inch layer of crumbled meringues on the bottom of the prepared pan.

Beat the cream, sugar and vanilla on high speed until soft peaks form. Fold in the remaining meringue crumbles. Pour into the prepared pan and smooth the top. Cover with the overhanging plastic wrap and additional plastic wrap to seal thoroughly.

Freeze for at least eight hours or up to twenty-four hours.

To serve: remove the pan from the freezer and let stand at room temperature for 5 minutes. Gently pull the plastic to remove the cream from the pan. Invert on to a serving plate.

Slice and serve with raspberry compote.

Per Serving (excluding unknown items): 162 Calories; 15g Fat (79.6% calories from fat); 1g Protein; 8g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 15mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.

