

Floating Meringue Islands

For floating meringue islands to feed 6 you will need:

2 sachets of egg white
2 pinches salt
50g caster sugar
Warm water
1 white bowls
1 large measuring jug
1 whisk
2 teaspoons
1 wok
1 fish slice



1. Follow the instructions on the egg white sachet and reconstitute as directed.
2. Place the egg white into a large white bowl and add 2 pinches of salt.
3. Whisk the bowl of egg whites until it resembles soft peaks.
4. Carefully whisk 50g of caster sugar into the bowl until your meringue is thick and glossy.
5. Fill a wok with boiling water.
6. Carefully add teaspoons of the meringue mixture. Poach for 2-3 minutes until just firm, then remove and drain on kitchen paper.
7. Repeat until all the meringue mixture is used up.
8. Serve on angel delight, topped with a dessert sauce.