



Eton mess

with Strawberry Honey & Whipped Cream

Crisp meringue, fresh strawberries and softly whipped cream come together with a generous drizzle of Mountain Mist Strawberry Honey in this beautifully simple English classic. Light, fresh and effortlessly elegant, it's the perfect dessert for warm summer afternoons and relaxed entertaining.

SERVES 6 | PREP 20 mins | COOK 1 hr 15 mins | COOL 1 hr | DIFFICULTY EASY

INGREDIENTS

Eton Mess

- 150 g mini meringues, roughly broken
- 300 ml thickened cream
- 1 tsp vanilla extract
- 400 g fresh strawberries, hulled and sliced
- 150 g fresh raspberries
- 2 tbsp Mountain Mist Strawberry Honey

To Serve

- 2 tbsp Mountain Mist Strawberry Honey
- Fresh mint leaves (optional)
- Freeze-dried strawberry pieces (optional)

METHOD

1. Whip the thickened cream with the vanilla extract until soft peaks form. Take care not to over- whip.
2. Place the sliced strawberries into a bowl and drizzle with 2 tablespoons of Mountain Mist Strawberry Honey. Toss gently and allow to stand for 10 minutes so the berries become beautifully juicy.
3. Fold half of the strawberries and raspberries through the whipped cream.
4. Add the broken meringue pieces and gently fold everything together, leaving plenty of texture.
5. Spoon the mixture into individual dessert glasses or serving bowls.
6. Top with the remaining strawberries, raspberries and extra pieces of meringue.
7. Finish with a generous drizzle of Mountain Mist Strawberry Honey, a few fresh mint leaves and freeze-dried strawberries, if using.
8. Serve immediately while the meringue is still crisp.

MOUNTAIN MIST TIP

Assemble the Eton Mess just before serving to keep the meringue light and crisp. A final drizzle of Mountain Mist Strawberry Honey adds a beautiful glossy finish and enhances the natural sweetness of the berries.

Gather around the table.