DESSERT RECIPE

SMOKED STRAWBERRY
WITH
PEPPERMINT

INGREDIENTS

- 1 litre of fresh strawberries
- 15 peppermint candies (flat rounded spiraled red and white candy)
- 50 ml of maple syrup
- Fresh mint leaves

Meringues INGREDIENTS

- 3 egg whites
- ¾ cup of sugar
- 1 ml tartar cream
- 1/3 cup of Candy powder

METHOD

- Smoke the whole strawberries — *15 minutes*
- Crush the peppermint candies with a pestle
- Wash the strawberries, hull them, and cut them to pieces
- Add maple syrup and candy powder
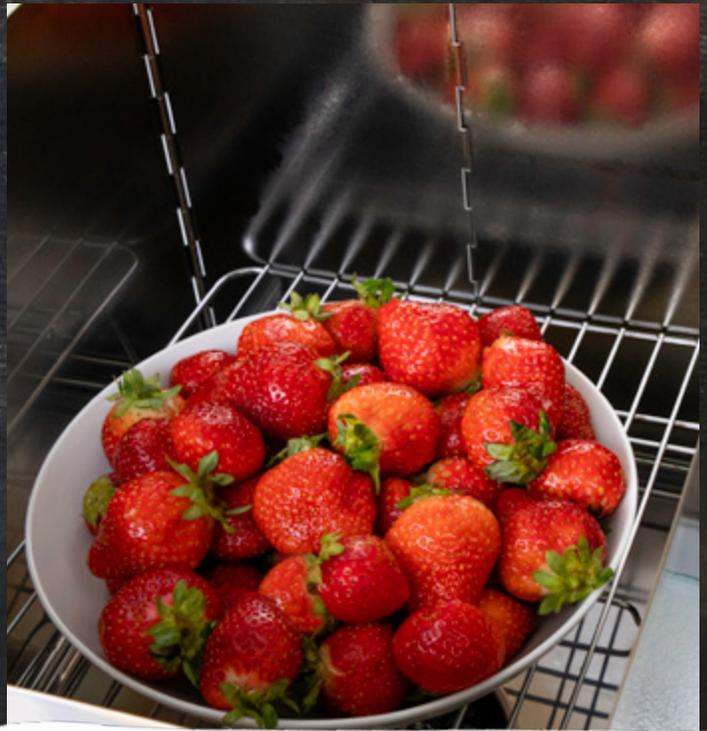- Finely chop the mint leaves
- Mix all the ingredients and let sit for 30 minutes
- Place in a bowl or plate with a scoop of ice cream of your choice *(optional)* and serve!

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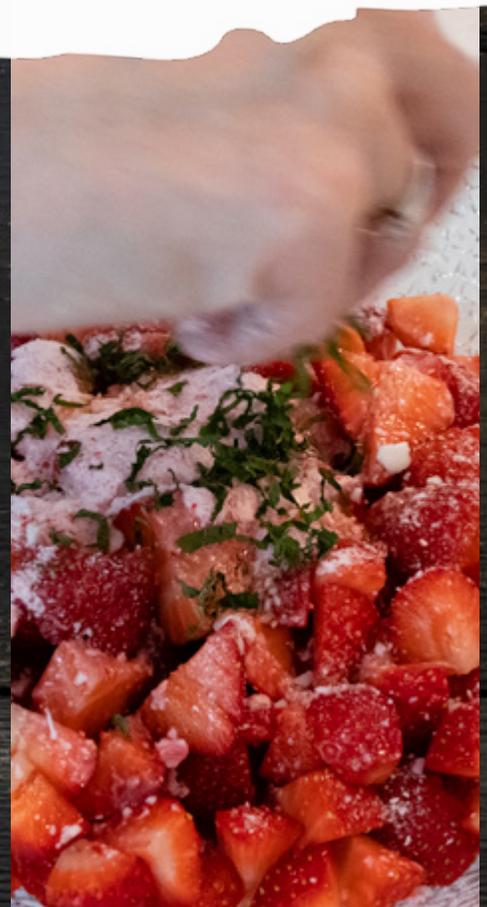
– Meringues –

- Mix at high speed the egg whites, the sugar, the tartar cream and the candy powder until the texture is firm. It will take expansion, become white and form firm peaks.
- Put the mix in a pastry bag and form some little puffs of a pan with parchment paper.
- Bake to really low temperature (175 degrees F) for about 2 hours. Then shut the oven, open the door and let dry another 2 hours. They should be dry and crispy and detach easily from the pa‐per.
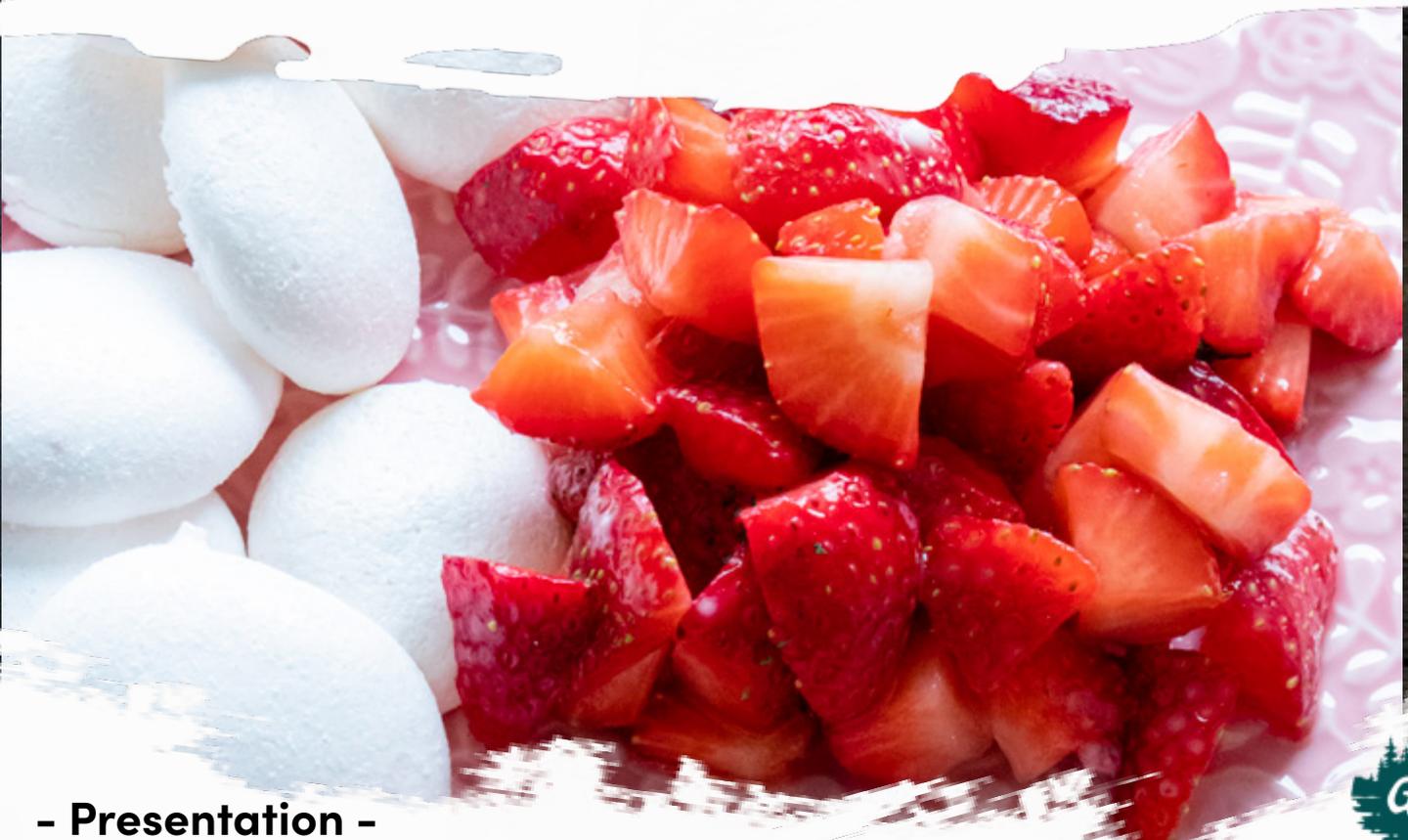
– Presentation –

1 cup of strawberries in a fancy plate with a ball of your favorite ice cream (if you wish) and few meringues. You can decorate with fresh mint leaves.

GT
Green
Trail