



Meringue Sandwich with Fruit Medley

Meringue

- 6 egg whites
- ¾ cup each: caster sugar, icing sugar
- 1 teaspoon lemon juice

Fruit Medley

- 2 cups prepared fruit: grapes with pips removed, peeled and diced kiwifruit, orange segments
- 1-2 tablespoons passionfruit pulp or syrup
- 300ml cream, whipped

1. Preheat the oven to 150°C. Draw 3 x 20cm circles on separate sheets of baking paper and place on oven trays.
2. In a large bowl, beat the egg whites to soft peaks. Gradually add the caster sugar and continue beating until it has dissolved and the mixture is thick and glossy and stands in peaks. Gradually beat in the icing sugar. Mix in the lemon juice.
3. Pipe or spread the mixture inside the circles. Bake for about 1 hour or until hard to the touch. Turn off the oven and leave the meringues in the oven until they are cold.
4. Combine all the fruits for the medley and chill.
5. To assemble the sandwich, place one of the meringues on a serving plate and top with half the whipped cream. Cover with a quarter of the fruit medley. Place the second meringue on top, then the remaining cream and another quarter of the fruit. Top with the third meringue and remaining fruit.
6. Garnish with mint or angelica. Keep chilled and serve within a few hours.

Serves 10.



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