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*by ewfood*

## Floating Islands on red berries soup



## Ingredients

Fruit soup:

200g mixed berries (frozen)

80g of honey

1 pink grapefruit or an orange

20cl verbena infusion

Floating Islands:

2 egg whites

15g of sugar

1 pinch of salt

## Preparation

- 1 Squeeze the grapefruit.
- 2 In a saucepan, heat the grapefruit juice, honey and berries still frozen. Bring to a boil and cook over medium heat for three minutes.
- 3 Add the verbena infusion and mix .Keep cool.
- 4 Beat egg whites with a pinch of salt until they are stiff then add gradually the sugar increasing speed to high. Beat until soft peaks form, 3 to 4 minutes.
- 5 Bring a sauce pan with 2 liters of water to boil. Form balls with the egg whites with 2 tablespoons and cook all sides in hot water until the meringue are puffed and lightly browned. Let cool on absorbent paper
- 6 Pour the soup of red berries in glasses. With a spoon, place the meringue on the top of the fruit soup and decorate with fresh verbena leaves. Serve immediately.
- 7 You can serve the fruit soup slightly warm and you can cook your meringue in the oven if you prefer at 100 degrees Celsius for about 10 min.

## Cooks Note

Serves: 6

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