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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