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Delaney Mes'

# Brown sugar meringues with soft cream and peaches

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*pudding for breakfast is one of my favourite things, so I've taken that literally here. You can serve these as individually topped meringues that people can pick up off a platter, or you can serve individually.*

## INGREDIENTS

3 egg whites, at room temperature  
95g brown sugar  
95g caster sugar  
2 teaspoons cornflour  
1 teaspoons vinegar  
½ teaspoon vanilla extract

## TO SERVE

### **Cream**

200mls cream  
1 teaspoon good quality vanilla extract  
1 tablespoon icing sugar

### **Peaches in syrup**

2 peaches, chopped into roughly 2cm chunks  
½ cup sugar  
1 cup water

## METHOD

1. Heat oven to 140°C. Line an oven tray with baking paper.
2. Beat egg whites until stiff then gradually add brown sugar until firm and glossy. Be patient, this can take a good 10 minutes. Add cornflour, vinegar and vanilla then beat on low until combined.
3. Using two spoons, make rustic balls of mixture into a baking tray lined with baking paper. Try and flatten the top slightly.
4. Smooth the edges with a spatula then bake for about 40 minutes, until firm and lightly coloured. Leave to cool and dry out in the oven. They can be made a few days in advance and kept in an airtight container.

### **Cream**

Softly beat all ingredients until soft peaks form.

### **Peaches in syrup**

Gently heat all ingredients in a small saucepan. Once simmering rapidly, reduce heat and simmer until the syrup thickens. Allow to cool completely before serving. Will keep in the fridge for about a week.

You can serve with your favourite in-season stewed or poached fruit in syrup. I've used peaches, but pears or quince would be great during the season.