



Eton Mess with Rhubarb and Glazed Apricots

Overview

Difficulty: Medium

Servings: 4

Preparation Time: 50 mins

Cooking Time: 30 mins

Ingredients

For the cream

- 1kg of rhubarb
- 250g of grenadine syrup
- 200g of apricots
- 3 tablespoons of brown sugar
- 3 tablespoons of butter
- 50g of pine nuts
- 2 tablespoons of sugar
- Pinch of fleur de sel
- 500g of whipping cream
- 150g of dry meringues (from the supermarket or bakery)

Methods

1. Wash the rhubarb and cut into chunks (approximately 4 cm long). Put the rhubarb in a loaf pan, placing the chunks closely together. Pour grenadine syrup over the top, cover with aluminium foil, bake in the oven for 30 minutes.
2. Take the rhubarb out of the pan and drain in a sieve – the chunks need to stay in one piece but should be soft. Reduce the liquid from the rhubarb until it has the consistency of thick honey.
3. In the meantime, halve the apricots, place with the cut upwards on the baking tray, sprinkle with brown sugar and place a dot of butter on each apricot half – in total, approximately 2 tablespoons. As soon as the rhubarb is done, switch the oven to grill, glaze the apricots on the second-highest shelf for approximately 3 minutes.
4. Roast the pine nuts in a frying pan without fat until light brown. Stir often. Remove and put 2 tbsp sugar and 2 tbsp water in the pan. Cook until the sugar caramelises to a light brown colour. Add the butter and pine nuts, toss for 1 minute and pour onto an oiled plate. Leave to cool for a bit, then roughly chop and lightly salt the brittle.
5. Pour the whipping cream into the mixing bowl of the MaxxiMUM; use the beating whisk. Select the automatic function on the display and set the dial to automatic. The MaxxiMUM kitchen machin will now whip the cream until it reaches the perfect stiffness and then turn off automatically.

6. Roughly crumble the meringues, mix them with cream and dish up with apricots and rhubarb. Drizzle with some rhubarb syrup and sprinkle with brittle.

Product Used

Kitchen Machine Styline MUM52110

MUM5 – the powerful kitchen machine with an award-winning design – a real all-rounder, easy to use and in exceptional Bosch quality.

