



Dessert doesn't get easier than this

Ingredients:

6 egg whites

A pinch of salt

1 1/4 cup sugar

1/2 tsp cream of tartar

1 1/2 tsp vanilla essence

250 ml fresh cream

3 Tbsp icing sugar

Chopped fruit

Method:

Preheat oven to 225 degrees celcius.

Line a 13 by 11 inch baking sheet (swiss roll pan) with baking paper.

Whisk the egg whites and salt in a mixer till foamy.

Very slowly, pour in the sugar, cream of tartar and vanilla essence.

Continue whisking until stiff peaks form when you lift the whisk.

Gently empty and spread the meringue into the pan.

Place the pan into the oven, close the door and switch the oven off.

Leave the meringue in the oven (switched off) overnight or for 8 hours.

When ready to serve, whisk the cream and icing sugar till thick. Spread over the meringue and top with fruit.