

Homemade strawberry parfait

Serves 6

350g strawberries, washed and hulled



100g mascarpone

2tbsp cherry or raspberry brandy (optional)

3 eggs, separated

80g sugar

drop of vanilla essence

100ml cream

- 1 Line the insides of six ramekins carefully with baking paper, leaving a border of about 4cm that should be folded outwards.
- 2 Put 300g of strawberries in a deep mixing bowl and purée with a hand blender. Press the strawberry purée through a sieve over a bowl and mix with the mascarpone to form a smooth cream.
- 3 Stir in the cherry or raspberry brandy, if using. Then cut the remaining strawberries into small pieces and set aside.
- 4 Put the egg yolks, sugar and vanilla essence into a metal bowl over a saucepan of hot water and beat until fluffy.
- 5 Then place the bowl over a large saucepan of ice water and allow to cool down, stirring every now and then.
- 6 Stir the egg yolk mixture into the strawberry purée. Beat the egg whites and cream separately until a stiff mixture forms. Gently fold into the strawberry mixture. Add in the strawberry pieces.
- 7 Fill the individual moulds or ramekins with the creamy mixture, fold the baking paper tightly over and leave in the freezer for about three hours to freeze.
- 8 About 30 minutes before serving, refrigerate the ramekins and allow to thaw slightly. Remove the baking paper and serve.

Fat	8g	Carbs	20g	Energy	175kcal
Protein	6g	Sodium	.1g	Fibre	1g



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