



CLONAKILTY

CARAMELISED STRAWBERRY MERINGUE FOOL





Caramelised Strawberry Meringue Fool

Recipe by Chef Kevin Dundon

Ingredients

- **Caramelised Strawberries**
- 50g caster sugar
- 400g strawberries, halved
- 1 shot Grand Marnier, optional
- 1 orange zest and juice
- **To Serve**
- 200g meringues plus extra to serve
- 200ml Irish Yogurts Clonakilty Greek Style Natural Live Yogurt
- 200ml cream, whipped

Directions

- In a large sauté pan, over high heat, melt the sugar in a dry pan
- Once the sugar start to caramelize and colour, add the halved strawberries. The caramel will set on the strawberries but toss once or twice to coat the strawberry in the caramel if possible.
- Using Grand Marnier, pour carefully the alcohol and ignite the berries. Once the flames have died down, add the orange zest and orange juice
- Continue to cook for a further minute or so until the strawberries are confit. Remove from the heat and set aside to cool.
- Once ready to serve, in a bowl, place the whipped cream and stir in the yogurt. Swirl the cooled caramelised strawberries into the mixture (keep 2 tbsp of the mixture to decorate) and half of the crushed meringues
- Build the dessert. Crush more meringues and add the berry and cream fool mixture
- Decorate with the rest of the caramelised strawberries and extra fresh strawberries and meringues