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STRAWBERRY KEFIR AND CARAMELISED WINTER FRUITS MERINGUE ROULADE





Strawberry Kefir and Caramelised Winter Fruits Meringue Roulade

Recipe by Chef Kevin Dundon

Ingredients

- 160g Egg Whites
- 225g Caster Sugar
- 50g Pistachios, crushed
- 50g Honey
- 25g Butter, cubed
- 4 Clementines, peeled and sliced
- 2 Kiwis, Peeled and quartered
- 150ml Cream, lightly whipped
- 5 Tbsp of Irish Yogurts Clonakilty 0% Strawberry Kefir

Directions

- Preheat the oven to 160 degrees Celsius
- Line a swiss roll tray (13x10 inches) with parchment paper ensuring that both the base and sides are covered
- Place the egg whites into a large mixing bowl and using an electric hand mixer, beat rapidly until the mixture forms soft peaks.
- Then gradually add in the sugar, whisking thoroughly between each addition until the meringue is glossy and stiff.
- Carefully spread the mixture onto the prepared baking tray. Sprinkle with some pistachios if desired
- Bake in the oven for 20-25 minutes until lightly golden brown. Remove from the oven and allow to cool in the tray.
- In the meantime, prepare the fruits. In a pan, warm the honey until bubbling. Add the clementine segments and kiwi pieces and cook for 2-3 minutes until slightly softened. Add the cubed butter last minute and shake the pan to coat the caramelised fruits. Remove from the heat and set aside to cool.
- In a bowl, beat the cream until lightly whipped. Once the fruits are cooled, spoon in most of the fruits and the strawberry kefir to the cream. Stir to combine.
- Using a large, clean tea towel, cover the meringue and carefully flip onto a work surface.



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- Carefully, peel the parchment paper from the meringue. Spread over the yogurt mixture.
- Roll up in one fast action keeping the roulade shape as tight as possible without tearing
- Slice both edges and transfer onto a serving platter. Add extra kefir, caramelised fruits and caramel juices. Sprinkle with pistachios and enjoy.