

# Sunny Bank farm Strawberries, Meringue, Quiggin's Kendal Mint Cake Water Ice

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*Servings: 4 Portions*

*Equipment:*

*Ingredients for the Kendal Mint Cake Water Ice:*

160gms/5 ½ oz	Quiggin's Kendal Mint Cake
450ml/15 ¾ fl oz	Lakeland Sparkling Willow Water
35gms/1 ¼ oz	Lemon Juice
¾	Gelatine Leaf (Soaked in cold water for 3-4 minutes)

*Method:*

1. In a medium sized pan put in the Kendal mint cake, 100g of willow water and lemon juice, bring to the boil and simmer for 5 minutes until all the Kendal mint cake has dissolved
2. Once the mint cake has dissolved add the soaked gelatine, whisk well to ensure all the gelatine has dissolved
3. Pass through a fine sieve into a tray (20cm x 5cm), add the remaining willow water and place in the freezer uncovered. With a fork agitate the liquid every 30 minutes, this is to form ice, repeat 4 times
4. Once the ice is ready place into a medium sized sealed container, freeze and reserve, until you are ready to serve.

*Ingredients for the Old English Cream:*

*Equipment:*

250gms/8 ¾ oz	Cream (Low Sizergh Farm)
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50gms/ 1 ¾ oz	Milk (Low Sizergh Farm)
55gms/ 2oz	Sugar (The Watermill)
75gms/ 2 ½ oz	Cream (Low Sizergh Farm)
1 x	Vanilla Pod
1 x	Gelatine Leaf (Soaked in cold water for 3 –4 minutes)

*Method:*

1. Bring to the boil 75g of cream, the vanilla pod, sugar and milk
2. Once the mixture has boiled, add the soaked gelatine and mix well to ensure the gelatine is all dissolved, leave to cool
3. Semi Whip the remaining 250g of cream
4. Once the milk and cream mix is cool carefully fold in the semi whipped cream
5. Reserve

*Ingredients for the Strawberry Marmalade:*

*Equipment:*

200gms/7 ¼ oz	Strawberries
130gms/ 4 ½ oz	Caster Sugar (The watermill)
25gms / 1oz	Lemon Juice

*Method:*

1. Slice the Strawberries in to ½ cm thick Slices
2. Place the Strawberries, sugar and lemon juice into a pan
3. Bring to the boil then simmer for 5 minutes until the strawberries are just soft
4. Remove the strawberries from the pan and reserve
5. Reduce the remaining strawberry liquor for a further 5 minutes to make it into a syrup
6. Pour the strawberry syrup back on the strawberries and leave to cool

*Ingredients for the Meringue:*

*Equipment:*

50gms/ 1 ¾ oz	Egg Whites (lower Sizergh Farm)
90gms / 1 ¾ oz	Caster Sugar

### *Method:*

1. Whisk the egg whites on a machine and gradually add the caster sugar, whisk for 5 minutes until the whites are firm peak
2. Remove the mixture from the mixing bowl and place into a piping bag
3. On a flat tray lined with a silplat mat pipe rippled cones of meringue
4. Bake in the oven at 90°C for 3 hours
5. Once cooked remove from the oven and leave to set

### *Ingredients for the Strawberry Jelly:*

### *Equipment:*

375gms/13 ¼ oz	Strawberries
80gms/ 2 ¾ oz	Caster Sugar (The Watermill)
45gms/ 1 ½ oz	Lemon Juice
150ml/5 ¼ fl oz	Water
0.8gms/ ¼ oz	Agar agar

### *Method:*

1. Slice the strawberries and place into a pan
2. Add the sugar, lemon juice and water and bring to the boil
3. Simmer for 2-3 minutes, remove from the stove, clingfilm and leave for 1 hour
4. Pass the strawberry juice through a Tammy cloth and discard the pulp
5. Put the juice back into a pan and bring to the boil and whisk in the Agar agar
6. Pass through a sieve and reserve in a warm place to cool slightly.

### *To assemble the base:*

1. Place in each glass bowl a dessert spoon of strawberry marmalade, four slices of strawberries and 2 pieces of meringue.
2. Equally spoon the old English cream over the strawberry marmalade, meringue and strawberries and leave to set in the fridge
3. Once set pour the jelly between the four glass bowls and leave to set in the fridge

*To garnish the top:*

150gms/5 ¼ oz      Small Strawberries  
4 sprigs              Picked Mint (finely shredded)  
                            Meringue (see recipe)  
                            Kendal Mint Cake Water Ice (see recipe)

*To Assemble:*

1. Spoon the Kendal mint cake water ice on top of the jelly
2. Place 4 halves of strawberries around and on top of the water ice
3. Put 3 pieces of meringue peaking out of the strawberries
4. Finish with a piece of fresh mint