

Miele

Peach melba mess

By Miele

90 minutes

6 hours

10-12

Serves



INGREDIENTS

Poached Peaches

6 yellow peaches, medium sized
750ml prosecco
125ml water
330g caster sugar
1 orange, zest peeled into strips, juiced
1 vanilla bean, split
10 lemon verbena leaves

Raspberry Ripple Cream

150g fresh raspberries
25g pure icing sugar
500g pure cream 45% fat, lightly whipped

Raspberry Meringues

125g egg whites
225g caster sugar
½ vanilla bean, scraped, seeds removed
20g freeze dried raspberry powder

METHOD

Raspberry Meringues

1. Place egg whites and caster sugar in a solid steam tray. Cover with cling wrap and Steam at 65°C for 25 minutes. The sugar should be dissolved.
2. Tip meringue base into a bowl of an electric mixer with balloon whisk attachment. Add vanilla bean seed to meringue. Whisk on medium high speed until the meringue is glossy and forms firm peaks. This will take approximately 5-10 minutes.
3. Pre-heat Gourmet Warming Drawer on Food Setting 5 (approximately 85°C).
4. Remove bowl, using a spatula, fold through half the raspberry powder to form a ripple effect.
5. Line a baking tray with non-stick baking paper. Using two dessert spoons, portion 10 meringues onto the tray. The texture can be quite rustic.
6. Sprinkle the remaining raspberry powder on the top. Place tray in warming drawer for 4 hours or until crisp. The meringue should have a crisp exterior and a marshmallow interior.
7. Store cooled meringues in an air tight container and place in a dry, cool place until required. Meringues will keep for up to 3 weeks.

Poached Peaches

1. Place prosecco, water, sugar, orange zest, juice and vanilla bean in a saucepan over high heat, Induction setting 9. Bring to the boil; boil for 2-3 minutes. Remove from heat. Cool for 5 minutes.
2. Place peaches in a deep, solid steam tray. Pour over warm prosecco syrup, cover with foil and Steam at 100°C for 20 minutes.
3. Remove from the Steam Oven, add the lemon verbena leaves and allow the peaches to cool in the syrup overnight or until further use.
4. Peel skin from peaches once cooled. Peaches will keep stored in an airtight container or bottling jar for up to three weeks in the refrigerator.

Raspberry Ripple Cream

1. Place raspberries and icing sugar in a bowl of a food processor and blitz on high until it forms a thick puree.
2. Tip the puree into a bowl lined with a fine mesh sieve and strain the puree to remove all of the seeds, use the back of a large spoon to assist with this. Discard seeds.
3. Fold half the puree through whipped cream to form a ripple effect. Do not over mix. Chill until ready to assemble.

To Serve

1. Using a sharp knife, cut a peach into eighths, depending on the size of the peaches.
2. In another bowl, crush half of the meringues into chunky pieces, reserve.
3. In stemless glasses or small bowls, spoon a tablespoon of raspberry cream into the bottom. Top with a piece of meringue, peach, fresh raspberry and a teaspoon of reserved raspberry puree. Place a second layer on top of the first until glass is half full.
4. Chill dessert until ready to serve.

Note

All elements of this dessert can be made in advance. If peaches are unavailable, substitute with nectarines or frozen raspberries. The dessert is best assembled a few hours before serving to allow the meringue to slightly soften. Keep refrigerated until ready to serve.

Meringues can also be cooked in the oven on Conventional at 85°C for 3-4 hours until crisp. Meringue recipe can be successfully doubled to make a larger quantity.