

Miele

Peach melba mess

By Miele

90 minutes plus refrigeration time

Preparation time

6 hours

Cooking time

10-12 servings

Serves



INGREDIENTS

Poached peaches

6 yellow peaches, medium sized
750 ml prosecco
125 ml (½ cup) water
330 g (1 ½ cups) caster sugar
1 orange, zest peeled into strips and juiced
1 vanilla bean, split
10 lemon verbena leaves

Raspberry ripple cream

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

Raspberry meringues

125 g egg whites (approximately 4 egg whites)
220 g (1 cup) caster sugar
½ vanilla bean, scraped, seeds removed
2 tsp freeze dried raspberry powder

METHOD

Raspberry meringues

1. Place the egg whites and caster sugar in an unperforated steam container. Cover with cling wrap, place into the steam oven and Steam at 65°C for 25 minutes, or until the sugar dissolves.
2. Tip the egg white mixture into a bowl of an electric mixer with whisk attachment. Add vanilla bean seed to meringue. Whisk on medium high speed for 5 minutes or until the meringue is glossy and forms firm peaks.
3. Fold through half the raspberry powder with a spatula, to form a ripple effect. Take care not to over-mix or the ripple effect will be lost.
4. Line a baking tray with baking paper. Using two dessert spoons, portion 10 meringues onto the tray. The texture can be quite rustic.
5. Sprinkle the remaining raspberry powder on the top. Place tray in the gourmet warming drawer on food setting 5 (approximately 85°C) for 4 hours or until crisp. The meringue should have a crisp exterior and a marshmallow interior.
6. 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 on 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, unperforated steam container. 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.

Alternative appliance methods

- Meringues can also be cooked in the oven on Conventional at 85°C for 3-4 hours until crisp.

Hints and tips

- 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.
- The meringue recipe can be successfully doubled to make a larger quantity.