

# Simple No-Cook Desserts

## **Eton Mess**

This will serve approx. 4-6

### *Ingredients*

- Buy a tub of Fresh Strawberries (approx. 400g)
- Carton of double cream (if you don't have a whisk or don't want to whisk buy the extra thick variety)
- 1 rounded table spoon of icing sugar.
- A packet of readymade meringue

### *Method*

1. Trim your strawberries and cut into small pieces & set aside. Keep some larger pieces aside for decoration.
2. Mix your cream with your icing sugar until smooth with no lumps. (if you are whipping your cream, whip until it reaches soft peaks)
3. Crush your meringue into small parts
4. To assemble mix your strawberries into your cream then gently fold in your meringue pieces.
5. You could also buy readymade Strawberry sauce and swirl that through your cream and strawberry mix
6. Portion into dessert dishes & top with the additional strawberries & a swirl of sauce.



## Quick & easy tiramisu

Serves 4

### *Ingredients*

- 6 Tsp espresso coffee granules
- 6 tbsp coffee liqueur (or amaretto for an adult version)
- 500g mascarpone
- 170g condensed mild
- 1 tsp vanilla extract
- 8-12 sponge fingers
- 2 tbsp cocoa powder.

### *Method*

1. Mix the coffee granules with 4 tbsp boiling water in a large jug and stir to combine. Add the coffee liqueur and 75ml cold water. Pour into a shallow dish and set aside.
2. Make the cream layer by beating the mascarpone, condensed milk and vanilla extract with an electric whisk until thick and smooth. Or beat in with a hand whisk or wooden spoon.
3. Break the sponge fingers into two or three pieces and soak in the coffee mixture for a few secs (don't let the sponge soak for too long, you don't want them to fall apart). Put a few bits of the sponge in the bottom of two wine or sundae glasses and top with the cream. Sift over the cocoa and chill for at least 1 hr before serving



## Easy no Churn Ice Cream

Prep time 10 mins, freeze time 4-5 hrs

### *Ingredients*

- 500ml double cream
- 1 tin (395g) condensed milk
- 2 tsp vanilla extract.

### *Method*

1. Whisk all the ingredients in a large bowl until the mix forms soft peaks, do not over beat.
2. Stir in any of your optional flavours (see below)
3. Place in a freezable container to freeze for at least 4-5 hours
4. Remove 10-20 mins before serving
5. To add texture and flavour to this you many different options including –
  - Honeycomb pieces, roughly broken
  - Tablet broken up
  - A punnet of raspberries mashed roughly with a fork before stirring through.
  - Flavoured shop bought dessert sauces, mango, strawberry, chocolate etc.
  - Oreo cookies, broken up



## Quick Strawberry Flan

### *Ingredients*

- large Punnet of Strawberries
- Shop bought flan case (shortcrust or sponge)
- Tub of mascarpone (250g)
- 150ml double cream, shop bought strawberry gel or sauce.

### *Method*

1. Trim strawberries and cut in half then set aside.
2. In a large bowl whisk together, the mascarpone & cream until soft peaks.
3. Spread the cream mix into your chosen flan base.
4. Arrange the strawberries neatly onto the cream filling.
5. Drizzle with sauce.

