



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Gooseberry and Elderflower Meringue

Ingredients

Pastry

2 medium egg yolks
225g unsalted butter at room temperature
1 tablespoon caster sugar
275g plain flour
Melted butter for brushing

Gooseberries

200g gooseberries
60ml elderflower cordial/syrup
60g caster sugar

Meringue

2 egg whites
40g caster sugar



Method

Make the pastry by mixing the eggs and butter in a bowl, then add the sugar, mix. Add the flour and bring to a ball of dough making sure it is well mixed. Knead and shape into a ball then flatten. Wrap in clingfilm and leave to rest in fridge for an hour.

For the gooseberries, put them with the elderflower and sugar into a pan on a medium heat, stir and cook for 5 minutes until the berries have softened. Remove from the heat, cover and set aside.

Pre-heat oven to 190C/375F/Gas 5. Brush 4 individual flan tins with melted butter. The tins should be 8-10cm in diameter or use one large 20-23cm flan tin. Cut the pastry into quarters and roll out each ball of pastry and line the individual tins or roll the pastry to line the larger flan tin. If the pastry breaks it will take being patched up by moulding it with your fingers. Leave to rest in fridge for an hour.

Line pastry with baking paper and fill with baking beans. Bake blind for 10-15 minutes, until the pastry is golden brown. Remove and rest for 5 minutes. Turn oven up to 200C/400f/Gas 6.

Put egg whites in a bowl that is clean, dry and free from any grease. Whisk until stiff. Add half the sugar and whisk for 2 minutes when the mix is stiffer. Add the rest of the sugar and whisk until the mixture is very stiff and shiny.

Spoon the Gooseberry mixture into the pastry. Gently spoon the egg white on the top of the tart.

Sprinkle a little caster sugar on the top of the meringue. Place on a baking tray and bake for 3-5 minutes until the meringue starts to colour. Serve hot or warm and with some double cream.

Other information

Serves 4

Preparation time – 3 hours

Cooking time – 20 minutes