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CHRISTMAS PUDDING MERINGUE SOUFFLES

Christmas Pudding Meringue Souffles are easy to make, light, and a dramatic version of the traditional celebratory pudding.

Serves 2 (Double up the recipe to serve four people)

Per serving 290 calories/0.3g fat

Prep time 20 minutes

Cook time 1-1½ hours

INGREDIENTS

1 small eating apple, cored peeled and grated
56g (2oz) dried mixed fruit

28g (1oz) canned black cherries, pitted, or use glace cherries, halved.

¼ tsp ground mixed spice

Grated zest of half an orange

25 ml (¼ pint) fresh apple juice

2 tbsp Brandy

For the meringue:

1 egg white

56g (2oz) caster sugar

METHOD

Always remember to whisk the egg whites in a scrupulously clean bowl to achieve the maximum volume.

1. Preheat the oven to 150°C, 300°F or Gas Mark 2. Lightly grease two small ramekins and dust lightly with caster sugar.
2. Place the fruit and other ingredients in a bowl, mix well, then divide between two ramekin dishes.
3. Whisk the egg white on high until it stands in peaks and is quite firm. Add one teaspoon of sugar and whisk for 30 seconds. Remove the whisk and carefully fold in the remainder of the caster sugar with a metal spoon. Place the meringue mixture into a piping bag (or use a spoon) and pipe or spoon the meringue on the top of the mixed fruit mixture in the ramekins.
4. Place the ramekins on a baking tray in the oven for 1 – 1½ hours, checking every 20 minutes to monitor their progress. Serve hot.

Note: If serving to children substitute the brandy for two teaspoons of runny honey



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