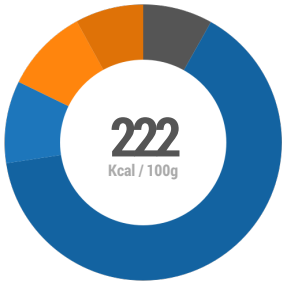
Baked Alaska with Strawberries

Individual Baked Alaska with British Strawberries & Strawberry Ice Cream

By Oliver Lloyd

Overview ... U / 6695228





CALORIES:

74.1% Carbs

8.1% Protein

17.8% Fat

Food Labelling...

Serves 1

CONTAINS:

WHEAT EGGS MILK

Recipe Ingredients ...		Quantity:	Description:
16392	18 British Free Range Fresh Medium Eggs -	56g	1.01x Each
350098	Tate & Lyle Caster Sugar 2kg -	60g	0.03x Each
136363	Crepe Cuisine American Style Pancake -	40g	1x Each
450610	Strawberries	20g	
33741	Strawberry Jam -	10g	0x Each
32203	Strawberry Dairy Ice Cream -	60g	0.03x Each

Products / Pack Sizes ...

1 Serving

Product code

Barcode

246g / 545kcal

1

Cooking Instructions & Notes

Preparation:

Trim the strawberries and cut into quarters
Separate the yolk from whites
Defrost pancake and cut to size

Method:

1. Whisk the whites to stiff peaks then gradually add the sugar whisking continuously.
2. Once you have reached a thick, stiff and glossy meringue stop whisking.
3. Warm the jam slightly to loosen it a bit
4. Mix the strawberries with the jam.
5. In a suitable dish or pan begin to build the Alaska
6. Place the pancake into the dish followed by the strawberries.
7. Add a scoop of the ice cream and top with the meringue.
8. Glaze the meringue with a blow torch or under a hot grill - serve!