



Recipe 6 – lles flottante with Atsina® Cress milkshake and Paztizz Tops®

Servings

Two

Ingredients

- 1 x Banana
- 10 pieces Paztizz Tops®
- 2 x Egg whites
- 90 g Caster sugar
- 20 g Icing sugar
- 200 ml Milk
- 100 g Natural yoghurt
- 1 punnet Atsina® Cress

Method

- Peel and chop the banana into small pieces and place on a flat tray in the freezer for at least one hour until frozen.
- Finely chop 10 pieces of the Paztizz Tops® and set aside.
- Place the egg whites into a clean medium bowl and whisk to soft peaks.
- Continuing to whisk, add 60 g of the caster sugar and whisk until shiny and just beginning to reach firm peaks.
- Stop whisking, sift the icing sugar over the top and scatter the chopped Paztizz Tops® over too then fold in until both are fully incorporated.
- Bring a small pan of water to a simmer; then carefully place four spoonfuls of the meringue into the water – they will float on top (hence lles flottante). Cover with a lid and simmer for two minutes. Remove the lid and simmer for another two minutes – they will then be cooked through.
- Remove and place onto a tray/plate to cool while you make the milkshake.
- Place the frozen bananas, milk, yoghurt and remaining 30 g of caster sugar into a food blender.
- Using a pair of scissors, cut the Atsina® Cress at the base and add all but a few cresses to the blender. Blitz until totally pureed and smooth then pour into small glasses.
- Top with two meringues each, then place the remaining Paztizz Tops® and Atsina® Cress on top and serve straightaway.
- Taste and write down how you think the dish tastes, describing the different elements.