

Celebrate Strawberries

Nothing beats British-grown strawberries. Make the most of their short season with these wonderful summer recipes from the Good Food team

Photographs PHILIP WEBB



Praline meringue cake with strawberries



Praline meringue cake with strawberries

SERVES 12 • PREP 30 mins • COOK 1 hr plus
1 hr cooling in oven Moderately Easy

Unassembled meringues only

This cake needs to be assembled just before serving – however, the meringues can be made up to a day ahead, or a month ahead and frozen.

FOR THE MERINGUE

175g/8oz whole almonds, toasted
225g/8oz golden caster sugar
225g/8oz light muscovado sugar
6 egg whites
1 tbsp cornflour
2 tsp white wine vinegar

TO ASSEMBLE

1kg/2lb 4oz strawberries, hulled and halved, or quartered if large
50g/2oz icing sugar, plus extra for decorating
568ml pot double cream

1 Heat oven to 140C/fan 120C/gas 1, and line two flat baking sheets with baking parchment. Whizz about two-thirds of the toasted almonds in a food processor until chopped. Don't let them start to look greasy or clump together – they should still be in pieces rather than ground. Roughly chop the remaining third with a knife.

2 Stir the sugars together. Using an electric hand whisk, beat the egg whites in a large bowl until stiff, then add the sugar in three batches, beating the mixture back to stiff after each addition. Add the cornflour and vinegar, and keep going until the meringue mixture is glossy and so stiff that the beaters begin to feel heavy when stirring – this can take up to five mins.

3 Quickly fold in all of the finely chopped nuts and most of the roughly chopped with a spatula, then divide the mixture between the two baking sheets. Spread both into 20cm circles, then scatter the remaining chopped nuts over. Bake for 1 hr, then turn the oven off and leave the meringues inside to cool for at least 1 hr. Leave the oven door closed (this will help to prevent them cracking). Will keep

overnight in an airtight container, or freeze, wrapped in cling film, for up to 1 month.

4 For the strawberry sauce, purée 600g of the strawberries in a food processor or blender. Press through a sieve to remove the seeds, then sweeten with 2 tbsp of the icing sugar. Can be made up to 1 day ahead. Sieve the remaining icing sugar into the double cream, whip until it just holds its shape, then carefully swirl through two-thirds of the sauce.

5 To serve, slide one of the meringues off its baking parchment onto a serving plate, then spread over half the cream. Place the second meringue on top, pile over the rest of the cream and top with the remaining strawberries. Dust with a little more icing sugar if you like, and serve the leftover strawberry sauce alongside.

PER SERVING 533 calories, protein 7g, carbohydrate 51g, fat 35g, saturated fat 15g, fibre 2g, sugar 50g, salt 0.16g

6 My caramel-flavoured praline meringue - a twist on the traditional Pavlova - will set off these sweet berries beautifully
SARAH COOK

Zesty strawberries with Cointreau

SERVES 4 • PREP 5 mins plus 1 hour soaking

NO COOK   

High in vitamin C, counts as 1 of 5-a-day

If you're also making this dessert for children, mix the juice from the zested orange with the strawberries and sugar, then simply splash a little Cointreau over the adult portions when you serve.

500g/1lb 2oz strawberries, hulled and halved or quartered, depending on size

3 tbsp Cointreau

zest 1 orange

4 tbsp icing sugar

mint leaves, roughly torn, to serve

1 Tip the strawberries into a large bowl. Splash over the Cointreau, add the orange zest and sift in the icing sugar, then give everything a really good mix. Cover, then leave for 1 hr or more for the juices to become syrupy and the strawberries to soak up some of the alcohol.

2 To serve, scatter the mint leaves over the strawberries and give them one more good stir, then spoon into individual glass dishes.

PER SERVING 69 kcalories, protein 1g, carbohydrate 10g, fat none, saturated fat none, fibre 1g, sugar 10g, salt 0.02g

British strawberries are so full of flavour that at times I just want to enjoy them without too much fuss. This is a family favourite that we regularly knock up for barbecues or a as a quick midweek pudding 🍷

SARAH COOK

Smart yet simple





Teatime treat

Strawberry and vanilla shortcakes

MAKES 8 • PREP 15 mins • COOK 10-12 mins
Easy  **bases only**

The key to making shortcakes, much like scones, is to work quickly and avoid overworking the dough. The less you handle it, the lighter the end result will be.

350g/12oz self-raising flour, plus extra for dusting

100g/4oz butter, cold and cubed

100g/4oz caster sugar

1 vanilla pod, seeds scraped

100ml/3½fl oz milk, warmed

1 egg, plus a little extra beaten egg for glazing

squeeze lemon juice

FOR THE TOPPING

1 tbsp icing sugar

227g tub clotted cream

250g/9oz strawberries, thickly sliced
strawberry jam

1 Heat oven to 220C/fan 200C/gas 7 and lightly flour a baking sheet. Put the flour, butter, sugar,

half of the vanilla seeds and ¼tsp salt into the bowl of a food processor, then pulse until fine. Tip into a large bowl. Beat the milk, egg and a good squeeze of lemon together, then tip into the bowl and bring together with a knife, using a cutting action, until you have a clumpy dough. Finally bring together with your hands if you need to.

2 Lightly flour the work surface, tip the dough onto it, then quickly shape into a smooth-ish disc. Using a rolling pin, pat out to 2cm thick. Cut out 8 rounds with a smooth 7cm cutter (you'll need to pinch together the trimmings). Glaze just the tops with beaten egg, transfer to the floured sheet, then bake for 10-12 mins until risen and golden, and they sound hollow when tapped on the bottom. Cool on a wire rack.

3 Beat the remaining vanilla seeds and icing sugar into the clotted cream. It will get runnier at first, but keep beating and it will thicken again. To serve, slice the very top from each shortcake to give a flat surface, then spoon over about 1 tsp jam. Top with a good dollop of the vanilla clotted cream and finish with the strawberries.

PER SHORTCAKE 502 kcalories, protein 6g, carbohydrate 55g, fat 30g, saturated fat 18g, fibre 2g, sugar 22g, salt 0.82g

Really fruity strawberry jam

MAKES 3 medium jars (about 500ml each)

PREP 10 mins plus standing overnight

COOK 15 mins **Easy** 

This is a syrupy, soft-set jam with juicy strawberry chunks. Don't be tempted to make it in larger batches; you'd have to cook it for longer and the flavour just won't be as fresh.

1.25kg/2lb 12oz firm, ripe strawberries, hulled and large ones halved

1 kg pack jam sugar (this is sugar with added pectin)

juice 1 lemon

knob unsalted butter (optional)

1 Layer the strawberries and sugar in a large bowl, finishing with a layer of sugar. Cover the bowl and leave for 24 hrs. Meanwhile, put a couple of saucers in the freezer to chill.

2 Next day, the juices will have been drawn out from the fruit, leaving you with a bowl of berries in a sugary pink syrup. If this hasn't happened, give the berries a quick stir, then leave for a few more hrs.

3 Tip the mixture into a preserving pan (or a large pan with wide, sloping sides) and warm to dissolve the remaining sugar. Once dissolved, bring to the boil, stirring frequently until bubbling.

4 Pour in the lemon juice, return to the boil, then boil hard for 10 mins, stirring occasionally. If the surface of the jam starts to look a little scummy, add the butter. Take from the heat, then drop a little jam onto a chilled saucer. Let it cool a little, then push your finger through the jam. If the jam parts, leaving wrinkled ripples, it is ready. (Turn to p23 for more detail on testing when jam is ready.) Allow the jam to cool for 30 mins, then pot into sterilised jars and, when the jam is cool, label the jars. Keeps for 1 year – store in the fridge once open.

PER SPOONFUL 71 kcalories, protein none, carbohydrate 19g, fat none, saturated fat none, fibre none, sugar 19g, salt 0.01g

KNOW-HOW

To sterilise jars, wash in hot, soapy water, then dry in a low oven. Or, run through a hot dishwasher cycle.

🍷 Every time I make jam, I discover another tip that makes my next batch just that bit better. This jam, with big, juicy pieces of fruit, is pretty near perfect 🍷
SARAH BUENFELD



Preserve the taste of summer

Kids will love these



Strawberry rocky road ice cream

SERVES 8 • PREP 30 mins plus churning
NO COOK Easy 🧊

Traditionally, rocky road is a chocolate-flavoured ice cream, but here I've swapped it for strawberry. For pure strawberry ice cream, simply leave out the chunky bits. It will keep in the freezer for a month.

568ml pot double cream
250g/9oz golden caster sugar
700g/1lb 9oz strawberries, hulled and chopped
100g/4oz mini marshmallows, or marshmallows snipped with scissors
50g/2oz toasted almonds, roughly chopped
4 shortbread biscuits, about 85g/3oz in all, crumbled into small chunks

1 In a large bowl, whisk together about a quarter of the cream with the sugar until the sugar has dissolved. Tip all but a handful of strawberries and the rest of the cream into the bowl, then use a hand blender to blitz everything until smooth and bright pink. Churn in an ice-cream machine until frozen but still soft. Meanwhile, finely chop the remaining strawberries. If you don't have an ice-cream machine, freeze in a plastic tub for 4-6 hrs, thoroughly stirring in the icy edges every hr or so.

2 Spoon about a third of the ice cream into a freezable container, scatter with most of the chopped strawberries, marshmallows, almonds and biscuits, spoon over some more ice cream, then scatter with the rest of the chunky bits. Top with the last of the ice cream, then cover and freeze until solid, about 6 hrs. Delicious scooped into cones.

PER SERVING (no cones) 632 kcalories, protein 4g, carbohydrate 57g, fat 45g, saturated fat 23g, fibre 2g, sugar 49g, salt 0.14g

🍷 My homegrown strawberries always seem to ripen at the same time - so, rather than eating them all at once, I make this delicious ice cream 🍷
BARNEY DESMAZERY

Strawberry and Prosecco jellies

SERVES 6 • PREP 15 mins • COOK 5 mins plus chilling overnight Easy 🧊

Alcohol sets more softly than other liquids, so these jellies need to be very well chilled. Make them a day ahead, then whip them out of the fridge before serving.

200g/8oz caster sugar
450g/1lb strawberries, hulled and quartered, plus 12 extra for decoration, quartered
6 sheets leaf gelatine
750ml bottle Prosecco

1 Put 150ml water and the sugar in a large saucepan and heat gently until the sugar has completely dissolved. Add the strawberries, bring to the boil, then bubble for 5 mins without stirring, until the fruit has softened and the liquid is red, fragrant and syrupy.

2 Strain the hot syrup through a sieve into a large jug (be careful not to push the strawberries through the sieve as the jelly will become cloudy), then leave to cool for a few mins. Discard the cooked strawberries. While the syrup is cooling, soak the gelatine in a bowl of cold water. When soft, squeeze the excess water from the gelatine sheets and stir into the syrup until completely melted.

3 Divide the extra strawberries between 6 x 200-250ml Champagne flutes or stemmed glasses. Open the Prosecco, mix it briefly with the strawberry syrup, then pour into the glasses over the strawberries. Chill overnight, then serve.

PER SERVING 296 kcalories, protein 6g, carbohydrate 55g, fat none, saturated fat none, fibre 1g, sugar 55g, salt 0.08g

🍷 These jellies are simple elegance in a glass and a lovely way to end a meal 🍷
MONAZ DUMASIA

Elegant fruity dessert

