

GREAT RECIPE IDEAS FOR YOUR FOOD DONATIONS



FRUITY MERINGUE PUDDING

Also known as Queen of Puddings, this traditional dessert consists of a thickened breadcrumb mixture and a layer of soft fruits, topped with a light meringue. Tastes great served with custard too!

Serves 8

Prep time: 30 minutes

Cooking time: 45 minutes

INGREDIENTS

- 1L **Alpro Soya Original alternative to milk**
- Grated zest of 4 small lemons or 1 large
- 50g butter/margarine
- 2-3 tbsp caster sugar
- 300g fresh breadcrumbs
- 6 egg yolks [reserve the whites for the meringue topping]
- 400g soft fruit, e.g. raspberries, strawberries, blueberries, plums

Meringue topping:

- 6 egg whites
- 90g caster sugar

METHOD

1. Preheat the oven to 170°C fan, 190°C conventional, gas 5.
2. In a medium saucepan, heat the **Alpro Soya Original** with the lemon zest, butter/margarine, and sugar. Then quickly bring to the boil.
3. Place the breadcrumbs in the base of a 20 x 40 x 7cm deep dish and pour the hot liquid over the top. Leave to stand for 15-20 minutes until the liquid has been absorbed.
4. Add the egg yolks to the dish and stir to combine. Bake in the preheated oven, uncovered for 30 minutes.
5. Remove from the oven and carefully spread the fruit evenly over the top.

To make the meringue:

6. Place the egg whites in a grease-free bowl and whisk until the egg whites form soft peaks.
7. Add a spoonful of sugar at a time and whisk well after each addition. Continue doing this until all the sugar has been added.
8. Spread the meringue over the top of the dish and bake for a further 12-15 minutes until the meringue is a light golden colour.
9. Serve immediately.

An easy and classic recipe that is a great way to use up surplus plums, or other fruits, this summer.