
les
FILLES
de
MADELEINE

ingredients

for 4 to 6 medium merveilleux
for the strawberries

500 gr strawberries
1 tbsp honey
2 tbsp balsamic vinegar
black pepper, coarsely ground

for the meringue

4 egg whites
200 gr super fine sugar
juice of 1/2 lemon
120 gr pistachios, finely chopped

for the whipped cream

250 ml heavy cream
20 gr granulated sugar

roasted strawberry & pistachio merveilleux

(inspired by The Vanilla Bean Blog)

how to

for the roasted strawberries

1. Preheat oven to 190°C. Halve or quarter large strawberries, but keep the pieces relatively large. Small strawberries can be kept whole.
2. In a baking dish large enough to hold all the strawberries in a single layer, combine strawberries, honey and vinegar. Add a few cracks of coarsely ground black pepper to spice it up.
3. Bake for about 30 minutes, until the strawberries are soft but not falling apart and the juices and vinegar have gathered into a clear syrup. Allow to cool completely.

for the meringue

1. Lower oven temperature to 100°C. Line 2 to 3 baking sheets with parchment paper. Trace 8 cm circles on the back of each piece of parchment paper to use as a guide when piping the meringue.
2. In an electric stand mixer fitted with the whisk attachment, or with a handheld mixer, and using a clean, grease-free bowl, beat the egg whites. Start on low speed, then, when the egg white starts to become foamy, gradually up the speed. When the egg white forms soft peaks, start adding the sugar, little by little. Once all the sugar is incorporated, gradually add the lemon juice. When everything is incorporated, beat on maximum speed for a few extra seconds. The egg white should now be glossy and form stiff peaks.
3. Using a rubber spatula, carefully fold in the chopped pistachios.
4. Fit a piping bag with a medium-sized, circular nozzle and fill it with the meringue. Make sure the nozzle is large enough to pass the chopped nuts. On the prepared parchment paper, pipe the meringue into 8 cm circles. If you want a thicker meringue, pipe an extra layer on top of each circle. (Alternatively, you could spoon large dollops of the meringue onto the parchment paper and use the back of a spoon to spread them out to the desired size.)
5. Bake meringue for 1,5 to 2 hours, until completely dry. If possible, prop open the oven door a couple of centimeters during the baking process. This will help the excess moisture to leave the oven. Remove meringues from the oven and immediately remove them from the baking sheet. Sliding the parchment paper onto a cold work surface will help the meringues to release from the paper. Transfer to a wire rack and allow to cool for a few minutes while you prepare the whipped cream.

roasted strawberry & pistachio merveilleux

(continued)

to assemble

1. In an electric stand mixer fitted with the whisk attachment, or with a handheld mixer, beat the heavy cream and sugar until thick and pillowy.
2. Right before you plan to serve them, assemble the merveilleux. Dollop a spoonful of the whipped cream onto a meringue disc, then add a few of the roasted strawberries. Top with another meringue disc, an extra dollop of whipped cream and more strawberries. Finish with a generous drizzle of the strawberry-balsamic syrup. Repeat for the rest of the merveilleux.