

# Eton Mess

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/eton-mess-recipe-south-africa>

## Ingredients:

- 1 cup dried tart cherries
- 3 cardamom pods
- cinnamon
- nutmeg
- 1/4 cup sugar
- 1 cup wine
- 1 vanilla bean spent, The meringue calls for a vanilla bean, save that one and use here.
- 1/2 cup egg whites from about 4 large eggs
- 1 1/4 cups sugar
- 1/4 teaspoon cream of tartar
- 1 pinch salt
- 1 vanilla bean
- 2 cups cream
- 2 tablespoons sugar
- 1 cup crumbles meringue
- 1 cup chocolate roughly chopped, I like a mix of shavings and big chunks
- cherries Stewed, recipe above

## Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 105 grams
3. Cholesterol: 95 milligrams
4. Fat: 30 grams
5. Fiber: 6 grams
6. Protein: 15 grams
7. SaturatedFat: 18 grams
8. Sodium: 330 milligrams
9. Sugar: 88 grams

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