

## **Mini Baked Alaska**

### **Ingredients**

#### **Whisked sponge:**

25g caster sugar, 1 egg, 25g SR flour

#### **Fruit puree:**

50g frozen summer fruit

15g caster sugar

1 scoop vanilla ice-cream

### **Skills used during this practical:**

- Whisking method of cake making
- Making a fruit puree
- Separating egg white from yolk
- Whisking
- Piping
- Presentation



### **Meringue:**

1 large egg white

½ tsp cream of tartar

1 tbsp caster sugar

### **Method**

1. Pre-heat the oven to 220°C/Gas 7.
2. Line a sandwich cake tin with baking paper
3. Make the sponge by the whisking method: Whisk eggs and sugar until thick and leaving a trail in the mixture. Gently fold in sieved flour. Pour into greased tin. Bake for 10-15 minutes until golden brown.
4. Clean as you go
5. Make the puree: Place the fruit in a saucepan, sprinkle in the sugar and gently bring up to simmering point. Let them cook very gently for 2-4 minutes only; the juices will start to run out but the fruit will not disintegrate. Blend to a purée using a hand blender and then pass the whole lot through a nylon sieve to extract the pips.
6. Clean up again
7. Cut the sponge cake into a round, using a large pastry cutter.
8. Place the cake on to an ovenproof plate; top with half the puree then a scoop of ice-cream. Place in the freezer
9. In a medium grease-free mixing bowl, whisk the egg whites with cream of tartar for about 30 seconds until it starts to form a foam. Gradually add the sugar whisking all the time to form stiff peaks.
10. Pipe the meringue over the ice-cream, puree and cake, and then bake for 3-4 minutes until cooked through and golden.
11. Serve with a smear or drizzle of puree.

### **Special points:**

