Mmmmh!

Orange salad under an Italian meringue

Ingredients

10 tbsp of orange jam
Orange blossoms
320 g of cantuccini biscuits
10 blood oranges (or eating oranges)
100 g of egg white
180 g of sugar
50 g of water

Persons: 10

Cooking time: 30 min.

Preparation time: 30 min.

Instructions

Peel the oranges, removing the pith and quarter them. Mix the orange slices with the jam in a bowl and set aside.

Grind the biscuits in a blender, set aside.

Fill the verrines with the crumbled cantuccini, then add the jam-orange mixture.

For the meringue:

Pour the sugar in a saucepan, cover with water and then heat until 117° to obtain a syrup (no caramelisation).

Beat the egg whites, add the boiling syrup, continue to beat the egg whites until peaks form and the syrup cools down.

Plate the meringue and caramelise it with a blowtorch.

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