



Beach Organics

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Palm Sugar & Mango Blossom Honey Ice Cream Meringue Cake

Ice Cream ...

Ingredients:

- 300g Beach Organics Ground Traditional Coconut Sugar with Turmeric
- 125g butter
- 300g Beach Organics Mango Blossom Honey
- 1.250ml cream
- 12 egg yolks

Notes: You will need an Ice Cream Machine for this recipe.

Method:

1. Cook sugar, butter and honey with 250mls cream until they form a sauce.
2. Boil 1-2 minutes then take off heat and cool to room Temperature.
3. Place Yolks in a blender and slowly pour in the honey mix.
4. Transfer to a bowl and combine with the rest of the cream.
5. Freeze in an ice cream machine.
6. Layer in a lined 20cm cake tin. First ice cream then meringue, and repeat so you have 3 layers of ice cream and 2 layers of meringue.
7. Freeze 12 hours.

Meringue ...

Ingredients:

- 115g egg whites
- 230g Beach Organics Ground Traditional Coconut Sugar with Turmeric
- pinch of cream of tartar
- 1 teaspoon corn flour

Quantity: Makes 12 portions.

Method:

1. Place egg whites and cream of tartar in a mixer on medium speed and whisk until a meringue starts to form soft peaks.
2. Increase the speed and slowly add sugar and corn flour until thick and glossy.
3. Pipe out 2 circles of meringue to fit into a spring form tin 20cm.
4. Bake in the oven 55 degrees Celsius overnight until firm and dry.