

Rhubarb Strawberry Meringue Roulade

Serves 10

by Rozanne Stevens



Meringue Roulade is one of the most popular dessert recipes that I teach. It looks really impressive for a special occasion or simply to celebrate seasonal fruit. You can change the fruit filling depending on your favourite fruit or what is best in season. Pinkly delicious rhubarb is one of my favourite spring treats, and pairs very well with juicy strawberries and a hint of ginger.

Meringue Roulade Sheet:

5 egg whites

250g caster sugar

Rhubarb and Strawberry Filling:

2 bunches rhubarb stalks, chopped into chunks

1 punnet strawberries, hulled and chopped

Extra punnet of strawberries, halved, to decorate

4tbsl caster sugar or honey

1 thumb of ginger, peeled

Cream and Garnishes:

500ml cream, whipped

Extra strawberries, to garnish

1 passion fruit pulp, to garnish

Icing sugar, to garnish

Method:

- **Rhubarb and Strawberry Filling:** Combine the rhubarb, honey and ginger in a pot. Simmer for 5 minutes then add the strawberries and poach for a further 3 minutes. Remove the ginger and allow to cool.
- **Meringue Roulade Base:** In a very clean bowl, whisk the egg whites until stiff. Gradually snow in the caster sugar and whisk. Continue whisking until the caster sugar dissolves. This is key. Place a sheet of parchment paper on a baking tray. The paper must overhang the tray so that you can lift it out. You can stick the paper to the tray with sunflower oil. And lightly oil the top of the paper too so that it becomes slightly non stick. Spread the meringue mixture evenly over the paper. Bake at 150°C for 25 minutes.
- **Filling and Rolling the Roulade:** Lift gently using the paper and allow to cool on a wire rack. Once cool, place another piece of paper on top, grip firmly and turn over. Peel the top layer of parchment paper away. Lay the meringue longest side going from West to East. Make a gentle incision across 10cm from the side closest to you. Spread the whipped cream over the meringue base. Spoon over the stewed rhubarb and strawberries. Using the paper, lift and fold over into a log.
- **Garnish with the extra strawberries.** Spoon over the passion fruit pulp and a sprinkling of icing sugar.