

**Strawberry Meringue Roulade**

**No CARBS!**

**INGREDIENTS**

4 Egg whites

225g/8oz Caster Sugar

300ml/1/2 pint double Cream whipped

450g/1 lb fresh Strawberries sliced or quartered

Extra Whipped Cream and strawberries to decorate the top

**PREPARATION**

1. Line a 30 x 20cm/12 x 8 inch Swiss roll tin with baking parchment/greaseproof paper.
2. Put the egg whites and half the caster sugar into the bowl and use an electric whisk to whisk to snowy peaks.
3. Then gradually add the remaining sugar, continuing to whisk for 10 – 15 mins. until it forms stiff peaks.
4. Spread the mixture into the tin (about 1/2inch thick) and bake for 1 hour in an oven preheated to 150C/300F/Gas Mark 2.
5. Remove from oven and allow to fully cool in open air. Prepare the Cream and strawberries.
6. Turn out onto a fresh sheet of baking parchment and carefully peel off the lining paper. Spread over the cream and strawberries and roll up.

(It rolls quite easily as the underside softens with the whip cream and the outside impressively cracks and curves over). Best assembled 1 hour before your guest arrive.

**This recipe has been submitted by Sunny Eades**