TOASTED COCONUT MERINGUES WITH LEMONGRASS AND GINGER INFUSED CRÈME ANGLAISE

🍴 *Yields:* 4-6 servings

INGREDIENTS

**For the Crème Anglaise:**

4 cups	Whole BC Milk	1 litre
1 thumb	BC Ginger, peeled and sliced	1 thumb
½ stock	BC Lemongrass, bruised	½ stock
½ tsp	5-Spice Powder (Optional)	3 ml
Pinch	Sea Salt	Pinch
12	BC Egg Yolks	12
1⅓ cups	Granulated Sugar	330 ml
1 tsp	Vanilla	5 ml

For the Toasted Coconut Meringues:

6	BC Egg Whites, room temperature	6
¼ tsp	Cream of Tartar	1 ml
1 tsp	Vanilla	5 ml
⅔ cup	Granulated Sugar	160 ml
2 cups	Toasted Coconut	500 ml
2-4	Mangos or BC Peaches, sliced	2-4

DIRECTIONS

1. In a medium pot over medium heat, add BC Milk, BC Ginger, Lemongrass, 5-spice powder, and sea salt.

2. Simmer for 10 minutes to infuse the flavours.

3. While simmering, turn your attention to the meringue.

4. Whip BC Egg whites in a mixer until frothy.

5. Add cream of tartar and 1 tsp (5 ml) of vanilla.

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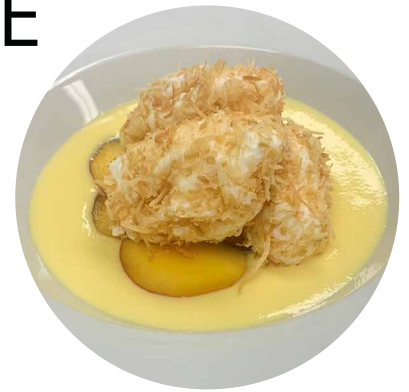
DIRECTIONS

6. Gradually add ⅔ cup (160 ml) sugar and whip until shiny and stiff peaks can be held.

7. Add dollops of meringue to the simmering milk and poach for 2 minutes per side.

8. Remove to a plate with a slotted spoon. Store the poached meringues in the fridge.

9. In a large mixing bowl, whisk together BC Egg yolks and 1 ⅓ cups (330 ml) sugar until thick.

10. Strain in hot milk slowly while whisking to avoid cooking the egg.

11. Place mixture back into the pot and over low heat, stirring constantly with a wooden spoon and cook until slightly thick or 150° F (68° C).

12. Remove from the heat and stir in 1 tsp (5 ml) of vanilla.

13. Strain into a bowl, and cover with plastic wrap until cold.

14. To assemble, place 4 oz (110 g) of sauce into each of 4-6 dessert bowls.

15. Top with sliced mangoes, BC Peaches, or fruit of your choice.

16. Roll cooled meringues in toasted coconut and place on top of the fruit.

CHEF'S TIP

To bruise lemongrass, use the back of a chef's knife and pound down on it to split it and bruise it to release the natural oils.

Be sure to prep the ingredients in advance of the event as noted on first page.

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