

HOME LEARNING

Year 9 – Food Technology – Home Learning 9

Floating islands (îles flottantes)

Equipment you will need: Baking tray and greaseproof paper, scales, measuring jug, egg separator, electric whisk, tablespoon, slotted spoon, saucepan.

Ingredients

- 100g caster sugar
- 4 free-range egg whites
- 500ml milk

Method

1. Sprinkle the caster sugar onto a high-sided baking tray. Cook the sugar in the oven for 4 minutes.
2. In a large mixing bowl, whisk the egg whites using an electric whisk.
3. While they are whisking, gradually pour in the slightly warmed sugar, little by little, until it has all been mixed into the mixture and stiff peaks form when the whisk is removed. ***A good way to know if your meringue is the right consistency is to hold the bowl upside down over your head!***
4. Bring the milk to a very gentle simmer in a saucepan.
5. Run a spoon under the tap, then take 3 scoops of the meringue mixture and gently lower them into the warm milk.
6. Poach for 3-4 minutes on each side, or until cooked through.
7. Remove from the milk using a slotted spoon and set aside to drain on kitchen paper.

If you came on the French trip, this is what we had for dessert. Serve it on top of some custard!