

200g ripe strawberries
150g good-quality bought meringues
150ml whipping or double cream

FOR THE SAUCE

100g overripe strawberries, hulled and halved
Caster sugar (optional)

SERVES FOUR

ETON MESS

Old Etonians claim this pudding was originally made with bananas, but as for the rest of us it couldn't be made with anything other than strawberries and cream – two ingredients that epitomise the English summer. Like most great dishes it's unbelievably easy to make and, without a doubt, it is one of the greatest puddings of all time.

- 1 Make the sauce. Purée the strawberries in a blender, then pass through a sieve into a bowl to remove all the seeds. Taste for sweetness, and only add sugar if you think the sauce is too tart.
- 2 Wash and dry the whole strawberries, then remove the hulls and cut each fruit lengthways into quarters. Break the meringues into pieces the same size as the strawberries.
- 3 Whip the cream in a large bowl until it will just hold its shape.
- 4 Gently fold the strawberries and meringue pieces into the cream. Serve straightaway, drizzled with the sauce. Or chill the Eton mess and sauce separately in the fridge for up to 2 hours until you are ready to serve.