

Place a strainer over a medium bowl and set aside. Melt the butter over low heat in a small saucepan. Add the remaining ingredients and whisk to break up the eggs and combine. Cook over low heat, stirring constantly, with a heat safe rubber spatula until the mixture reaches 180°F (82°C). Remove from the heat and immediately strain into the bowl. Refrigerate. This will be a very loose cream.

Y SIMPLE SYRUP

120 g soaking syrup (page 156)
80 g strawberry puree

In a small bowl, combine the syrup with the puree. Set aside.

ITALIAN MERINGUE

400 g sugar, divided
90 g water
200 g egg whites

In a small saucepan, combine 350 grams of the sugar and the water and stir well. Place on the stove. Dip a pastry brush in a glass of water and then use it to wipe down any sugar crystals sticking to the insides of the pan above the sugar mixture. Place a thermometer in the mixture. Turn on the heat to medium and carefully watch the temperature. You will cook the sugar to a range of 245 to 250°F (118 to 121°C).

After you start cooking the sugar, place the egg whites in the bowl of the stand mixer fitted with the whisk attachment. When your sugar reaches 221°F (105°C), start whisking the egg whites on high speed. When they are foamy, stop the mixer, add the remaining 50 grams of sugar and then keep whisking on high speed. Now your goal is to bring the egg whites just to stiff peak at the same time as your sugar syrup reaches its temperature range. The most important thing to keep in mind is to not overcook the sugar or overwhip the egg whites. Err on the lower side, if necessary. To help sync the timing, you can always raise or lower your heat (or turn it off completely!) and raise or lower the speed at which you are whisking the eggs.

When your syrup reaches 245 to 250°F (118 to 121°C) and the egg whites are at stiff peak, reduce the mixer speed to low. Slowly pour the syrup down the side of the bowl and into the meringue, being careful not pour it on the whisk. Once all the syrup is in, continue to whisk the mixture on medium speed until the bottom of the bowl is no longer warm when you touch it, about 20 minutes. Use immediately (see Assembly, page 29).

