



English Eton Mess Fruit Salad

By Dylan Sabuco

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

Equipment

- ☐ Large bowl
- ☐ Cutting board + kid-safe knife
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Citrus squeezer or juicer

Ingredients

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- ☐ 3 C fresh or frozen berries (your choice—my favorites are blueberries, strawberries, and raspberries)

☐ 1 lemon, zested and juiced

☐ 1 T granulated sugar

Food Allergen Substitutions

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Instructions

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intro

Eton mess is a classic dessert from Eton College England. Legend has it that the original was actually made in an attempt to clean up a mess. The story goes that a dessert of strawberry pavlova was spilled on the field of a cricket match at Eton vs. Harlow. Instead of wasting the dessert, the servers scooped it into glasses and served it to the guests, and Eton mess was born! The English Eton Mess Fruit Salad recipe below combines with our **Silken Lemon Meringue Pie Pudding** recipe to create the complete Eton mess.

chop + sprinkle

Have your kids gently chop **3 cups fresh or frozen berries** and place them into a large bowl. Sprinkle the berries with **1 tablespoon sugar** and stir a few times to coat them in the sugar.

zest + juice + stir

Zest and juice **1 lemon** into the bowl of coated berries. Stir a few more times, to dissolve the sugar.

reserve + serve

Reserve the fruit salad if you are also making the **Silken Lemon Meringue Pie Pudding** and layer the two recipes in cups. Or enjoy it by itself! This fruit salad can be chilled overnight or served right away. You will surely be chuffed to bits (very pleased) when you dig into this recipe!

Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity

people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet. They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.