



## **Granola lemon meringue**

Recipe by: Keletso Motau

Serves: 4

Cooking: 1hr 10min

Difficulty: Medium

### **Ingredients :**

#### Granola:

- 250g Rolled Oats
- 50g Pumpkin seeds
- 50g Sunflower seeds
- 50g Pecans, rough chop
- 30g Sesame seed
- 50g Coconut flakes
- 50g Dried Apricots, Chopped
- 30ml Coconut oil
- 50ml Maple Syrup
- 50ml Honey

#### Macerated Blue Berries :

- 200g fresh blue berries
- 30ml Castor sugar
- 40ml Lemon Juice

#### Italian Meringue :

- 315g Caster Sugar
- 60ml Water
- 4 egg whites, at room temperature
- Pinch of cream of tartar

### **Methods :**

#### Method for granola:

- Mix all Ingredients, excluding fruits and coconut flakes, and bake at 160°C until golden. Halfway through baking add the rest of ingredients and toss every 10min.

Method for berries and lemon curd:

- Mix all ingredients together

Method for meringue:

- Stir sugar and water in a saucepan over low heat until sugar dissolves, brushing pan with a wet pastry brush.
- Cook on medium-high heat (don't stir) for 3-5 minutes or until the syrup is 115°C (soft ball stage).
- While the syrup continues to cook, whisk the egg whites and cream of tartar until soft peaks form.
- When syrup is 121°C (hard ball stage), slowly add it to egg white mixture. Whisk on high speed until thick.

To assemble:

- In a dish of your choice make a base layer of granola. Top the base with a layer of the berry curd mixture. Finally, top with meringue and use a blowtorch to brown the top.