
Red, Hot, and Cool Strawberries - riff on Eton Mess

Adapted from a Food & Wine article



Servings: 8

1. Heat a small skillet over high; add chile, and cook, tossing occasionally, until toasted and a nutty aroma is released, 3 to 5 minutes. Remove from skillet, and crush in a mortar and pestle.
2. Stir together crushed chile, strawberries, sugar, and lemon juice in a heavy-bottomed saucepan. Bring to a boil over high, and cook, stirring occasionally, until thickened and syrupy, about 8-12 minutes. (Strawberries should mostly keep their shape; if they start collapsing, remove from heat sooner.) Remove from heat, and let strawberry mixture cool completely, about 25 minutes. Chill.
3. While strawberry mixture cools, whisk together yogurt and cream cheese in a medium bowl until smooth. Cover and chill until ready to serve.
4. Scoop ice cream into bottom of each serving dish, spoon on some of the strawberries, drizzle with yogurt mixture, add more strawberries, then spoon whipped cream on top. Grate a tiny bit of bar chocolate on top, then garnish with mint leaves, and serve.

2 chile de árbol, stemmed and seeded or similar chile
14 ounces strawberries, hulled and chopped into 1/2-inch pieces
1/4 cup superfine sugar
2 tablespoons fresh lemon juice
3/4 cup Greek yogurt, full-fat, or coconut yogurt
4 ounces cream cheese, softened
8 scoops vanilla ice cream
3 small meringue cookies, crumbled
2/3 cup heavy cream, whipped, with sugar and vanilla
Fresh mint leaves, for garnish
Yield: Yield

Per Serving (excluding unknown items): 321 Calories; 21g Fat (58.4% calories from fat); 5g Protein; 29g Carbohydrate; 1g Dietary Fiber; 81mg Cholesterol; 115mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 4 Fat; 1 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com