KIKKOMAN

Meringues with chestnut cream

Total time **90 mins** **30 mins** preparation time **60 mins** cooking time

Nutritional facts (per portion):
2,812 kJ / 672 kcal

Fat: **19 g** Protein: **9 g**
Carbohydrates: **60 g**

INGREDIENTS

6 portion(s)

Meringues:

4	egg whites
200 g	caster sugar
1 tsp	potato starch
1 tsp	lemon juice
1 pinch	of salt

Chestnut Cream:

400 g	uncooked chestnuts
40 ml	rum
1	vanilla bean
400 ml	milk
2 tbsp	icing sugar
1 tbsp	Kikkoman Naturally Brewed Soy Sauce

Additionally:

250 ml	double cream
1 tsp	icing sugar
10 g	milk chocolate, grated
2 tbsp	chopped pecans

PREPARATION

Step 1

4 egg whites - **200 g** caster sugar - **1 tsp** potato starch - **1 tsp** lemon juice - **1 pinch** of salt
Place the egg whites in a mixer bowl. Whip them into stiff peaks, gradually adding 1 teaspoon of sugar at a time. When the meringue is whipped and all the sugar is added, stir in the lemon juice, salt and potato starch. Mix briefly to combine the ingredients.

Transfer the meringue into a pastry bag and shape nests on a baking sheet lined with parchment paper. Place them in an oven preheated to 160 degrees Celsius, then immediately reduce the temperature to 100 degrees Celsius. Cook the meringues for 1 hour.

Step 2

400 g uncooked chestnuts - **40 ml** rum - **1** vanilla bean - **400 ml** milk - **2 tbsp** icing sugar - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce
Score the chestnuts with a sharp knife. Pour boiling water over them and cook for 20 minutes. Remove the chestnuts, let them cool, and peel them.

Put the peeled chestnuts back into the saucepan. Pour in the milk, add icing sugar, vanilla bean seeds, and cook until soft. Transfer to a blender, add rum, soy sauce, and blend into a smooth cream.

Step 3

250 ml double cream - **1 tsp** icing sugar - **10 g** milk chocolate, grated - **2 tbsp** chopped pecans

Whip the cream with icing sugar until it forms stiff peaks.

In the centre of each meringue, spoon about a tablespoon of chestnut cream, then top it with whipped cream. Sprinkle with grated chocolate and chopped pecans.