

DESSERT

Frogmill Meringue Gateau

15 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
95 min	20 min	75 min	10	\$0.89	499 kcal



Frogmill Meringue Gateau takes roughly 1 hour and 35 minutes from beginning to end. For 89 cents per serving, this recipe covers 11% of your daily requirements of vitamins and minerals. This recipe serves 10. This dessert has 499 calories, 12g of protein, and 10g of fat per serving.

Ingredients

☐ 4 tablespoons almond slivers	☐ ¼ teaspoon almond extract
☐ 1 teaspoon almond extract	☐ 4 tablespoons Creme de Cacao
☐ 6 egg whites	☐ 6 egg yolks
☐ 4 eggs	☐ ¾ cup flour
☐ 1 cup flour, sifted	☐ 3¾ cups milk
☐ 1 pinch Pinch salt	☐ ½ cup superfine sugar
☐ ¾ cup superfine sugar	☐ 2 cups sugar

Method

- 1 Place the eggs and sugar into a bowl standing over hot water and whisk until the mixture is pale and thickened (about 5 minutes).
- 2 Remove from the heat and whisk for 2 minutes more. Fold in the sifted flour and add the salt.
- 3 Pour into an 8-inch cake tin which has been greased, sugared and floured.
- 4 Bake in a 375 degree oven for 25 minutes. Cool on a cake rack.
- 5 Heat milk until boiling.
- 6 Mix the egg yolks with the sugar and when well combined add the flour.
- 7 Whisk until smooth and then gradually add the hot milk.
- 8 Place the pastry cream back into the saucepan over a gentle heat and whisk until cream comes to a boil and thickens. Flavor with almond extract and then lower heat and allow to cook 10 minutes.
- 9 Remove from heat and cool placing a piece of buttered waxed paper over the surface to prevent a skin from forming.
- 10 To make meringue: Beat the egg whites until stiff peaks form. Flavor with almond extract and then fold in the sugar. This mixture should be very thick.
- 11 To garnish: Preheat oven to 500 degrees.
- 12 Cut cake into 3 layers. Soak bottom and middle layer with creme de cacao.
- 13 Spread the bottom and middle layers of the cake with the cooled pastry cream and sprinkle with the almond slivers. Reform the cake and place onto a large round oven dish.
- 14 Spread cake with a thin layer of meringue. Fill a large piping bag with a rose shaped tip and pipe meringue in vertical loops around the sides and on top of the cake. Dust cake with sifted confectioners' sugar and place into oven for 3 minutes to lightly brown.

Nutrition per serving

499

KCAL

12 g

PROTEIN

10 g

FAT

90 g

CARBS

Saturated Fat

3.5 g · 22% of daily needs

Fibre

1.1 g · 4% of daily needs

Sugar

71.5 g · 79% of daily needs

Sodium

99.9 mg · 4% of daily needs

Cholesterol

193 mg · 64% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/frogmill-meringue-gateau-142794