



Syrupy plums with pistachio meringues



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



427 kcal

SIDE DISH

Ingredients

- ☐ 1 kg plums
- ☐ 200 g caster sugar
- ☐ 2 tbsp cornflour
- ☐ 3 tbsp quince conserve
- ☐ 4 egg whites
- ☐ 1 tsp vanilla extract
- ☐ 25 g pistachios chopped
- ☐ 6 servings custard sauce

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Halve larger plums and stone them, and leave smaller ones whole. Put into a saucepan with 2 tbsp sugar and 1 tbsp cornflour. On the heat, stir for 1–2 mins until the cornflour disappears into the plum juices, then stir in 100ml water and the jam or conserve. Cover and simmer for 10–20 mins until the plums are tender and the sauce syrupy splash in some more water if it looks a little dry. Scrape the pan contents into a large, shallow baking dish.
- ☐ Heat oven to 140C/120C fan/gas
- ☐ Whisk the egg whites in a clean mixing bowl until stiff.
- ☐ Whisk in the 200g sugar in 3 batches, beating the whites back to stiff between each addition.
- ☐ Whisk in remaining cornflour and vanilla and keep going until you have a lovely shiny, stiff mixture.
- ☐ Scoop 6 large spoonfuls of the meringue on top of the plums, scatter with pistachios, then bake for 30–40 mins until the meringues are crisp on top but still pale, and soft underneath. Eat warm or at room temperature, with cold crme anglaise or cold custard for pouring over.

Nutrition Facts



Properties

Glycemic Index:33.06, Glycemic Load:39.27, Inflammation Score:-6, Nutrition Score:12.331739197607%

Flavonoids

Cyanidin: 9.69mg, Cyanidin: 9.69mg, Cyanidin: 9.69mg, Cyanidin: 9.69mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg

Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg
Epicatechin: 5.42mg, Epicatechin: 5.42mg, Epicatechin: 5.42mg, Epicatechin: 5.42mg Epicatechin 3–gallate:
1.27mg, Epicatechin 3–gallate: 1.27mg, Epicatechin 3–gallate: 1.27mg, Epicatechin 3–gallate: 1.27mg
Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg,
Epigallocatechin 3–gallate: 0.68mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg
Galocatechin: 0.15mg, Galocatechin: 0.15mg, Galocatechin: 0.15mg, Galocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 427.23kcal (21.36%), Fat: 8.15g (12.53%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 81.96g (27.32%),
Net Carbohydrates: 79.03g (28.74%), Sugar: 57.15g (63.5%), Cholesterol: 71.91mg (23.97%), Sodium: 152.61mg
(6.64%), Alcohol: 0.24g (100%), Alcohol %: 0.08% (100%), Protein: 9.85g (19.71%), Vitamin B2: 0.46mg (26.9%),
Phosphorus: 235.03mg (23.5%), Calcium: 213.04mg (21.3%), Vitamin C: 17.32mg (20.99%), Selenium: 13.07µg
(18.67%), Potassium: 645.19mg (18.43%), Vitamin A: 851.87IU (17.04%), Vitamin B5: 1.28mg (12.76%), Vitamin B12:
0.75µg (12.52%), Fiber: 2.93g (11.71%), Vitamin B1: 0.17mg (11.42%), Vitamin D: 1.69µg (11.28%), Vitamin B6: 0.21mg
(10.68%), Magnesium: 42.22mg (10.56%), Copper: 0.21mg (10.49%), Vitamin K: 10.95µg (10.43%), Manganese:
0.15mg (7.65%), Zinc: 0.99mg (6.61%), Folate: 24.17µg (6.04%), Iron: 1.02mg (5.69%), Vitamin B3: 0.97mg (4.87%),
Vitamin E: 0.61mg (4.09%)