

Vol-Au-Vent Of Fresh Strawberries With Whipped Cream

Ingredients

3/4 lb. of puff-paste No. 1208, 1 pint of freshly-gathered strawberries, sugar to taste, a plateful of whipped cream.

Method

Make a _vol-au-vent_ case by recipe No. 1379, only not quite so large nor so high as for a savoury one. When nearly done, brush the paste over with the white of an egg, then sprinkle on it some pounded sugar, and put it back in the oven to set the glaze. Remove the interior, or soft crumb, and, at the moment of serving, fill it with the strawberries, which should be picked, and broken up with sufficient sugar to sweeten them nicely. Place a few spoonfuls of whipped cream on the top, and serve.

Source: Mrs Beeton's Book of Household Management (1861)

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