

# Hemp Meringue + Burnt Fig Parfait + Salted Seeds



THE UNIVERSITY  
of ADELAIDE

150 YEARS

## Hemp Seed Meringue

210g sugar  
330g egg whites  
150g almond  
200g hemp seeds

## Parfait

1L softly whipped cream  
6 eggs  
5 yolks  
200g sugar  
250ml hemp oil  
50ml port or similar  
100g fig jam  
100g salted caramel

## Method

For the meringue whisk the egg whites until they are a medium peak, slowly rain in the sugar until it is all added. Continue whisking until the meringue is thick and glossy.

Remove from the machine and fold in the seeds and almonds. Spread between two baking sheets lined with paper, remember to spray the paper.

Bake in a moderate oven around 160°C until completely crisp and just golden. It takes around 30-40 minutes.

For the parfait cook the eggs, sugar and booze over a double boiler until it reaches 83°C and is thick and glossy.

Whip the parfait in a stand mixer using a whisk attachment to cool, and whilst cooling slowly add the hemp oil and then fold thru the cream.

Layer in between the two meringues and freeze for at least 24 hours before cutting.

make  
history.