

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.