For this meringue nest exercise, use an individual meringue nest with strawberry cream. Start with 32 g of the base and 35 g of strawberry cream per full portion. These are trial weights to compare against your own recipe.

Use one spoon for three portions fast LPG cylinder and the alternative for another three. Tare each dish before the finish goes on. Write down the lightest and heaviest additions for each spoon. A utensil that delivers a consistent portion in one movement earns its place on the pass even if both spoons look alike.

Use one nest as a sacrificial timing sample. Break the base after the trial journey to see how far the filling has softened it.

Allow for six portions in total: 192 g of the base and 210 g of the finish. Weigh the components separately before service so a generous finish cannot conceal a short base portion.