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

Trial the full-size portion first, then divide it between two tasting dishes. At half size, the guest still needs to pick up both elements in one spoonful. Plate one sample with the normal spoon and a second with a smaller spoon. Ask a colleague to taste each from the outside edge towards the centre.

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

For eighteen half portions the starting allowance is 288 g of the base and 315 g of the finish. Weigh the components separately before service so a generous finish cannot conceal a short base portion.