

Low FODMAP Louise Cake with Coconut Marshmallow Topping

A nostalgic New Zealand classic reimagined for sensitive tummies - buttery shortbread base, raspberry jam, and pillow-y coconut meringue topping that's completely FODMAP-friendly.

Prep: 20 min

Cook: 45 min

Total: 185 min

Servings: 12

Low FODMAP ✓

Ingredients

Use a quality blend for best texture 200g gluten-free plain flour

Lactose-free butter works perfectly 100g butter, cold and cubed

For the shortbread base 50g caster sugar

Save the white for the topping 1 large egg yolk

Check label for FODMAP-safe ingredients 180g raspberry jam

At room temperature for best volume 3 large egg whites

For the meringue topping 150g caster sugar

Unsweetened preferred 100g desiccated coconut

Pure extract, not imitation 1/2 tsp vanilla extract

Enhances sweetness Pinch of salt

Instructions

Step 1: Prepare the Shortbread Base

(10 min)

Preheat your oven to 180°C (350°F) and line a 20cm square baking tin with parchment paper, leaving overhang on two sides for easy removal. In a food processor, pulse together the gluten-free flour, cold cubed butter, and 50g sugar until the mixture resembles coarse breadcrumbs. Add the egg yolk and pulse until the dough just comes together. Press the mixture firmly and evenly into the prepared tin, creating a compact base that reaches all corners.

Step 2: Par-Bake the Base

(20 min)

Bake the shortbread base for 15 minutes until it's just beginning to turn golden at the edges but still pale in the center. Remove from the oven and let it cool for 5 minutes - this prevents the jam from sinking into the base. Keep the oven on as you'll need it again shortly.

Step 3: Add the Jam Layer

(3 min)

Gently spread the raspberry jam over the warm base using an offset spatula or the back of a spoon, creating an even layer that goes right to the edges. Work carefully to avoid disturbing the partially baked base underneath. Set aside while you prepare the meringue topping.

Step 4: Make the Coconut Meringue

(10 min)

In a spotlessly clean bowl, whisk the egg whites with a pinch of salt using an electric mixer on medium speed until soft peaks form, about 2-3 minutes. Gradually add the 150g sugar one tablespoon at a time while continuing to whisk, increasing speed to high. Beat until the meringue is thick, glossy, and holds stiff peaks when you lift the beaters - this takes about 5 minutes total. Gently fold in the desiccated coconut and vanilla extract using a spatula, being careful not to deflate the meringue.

Step 5: Assemble and Bake

(30 min)

Spoon the coconut meringue over the jam layer, spreading it gently to cover completely and creating decorative peaks with the back of your spoon. Return the tin to the oven and bake for 25-30 minutes until the meringue topping is golden brown and crisp on top. The topping should feel firm to a gentle touch but will still be soft underneath.

Step 6: Cool and Slice

(125 min)

Remove the cake from the oven and let it cool completely in the tin - this is crucial as cutting while warm will cause the layers to separate and create a mess. Once fully cooled (at least 2 hours), use the parchment overhang to lift the cake onto a cutting board. Use a sharp knife, wiping it clean between cuts, to slice into 12 squares. The cake keeps in an airtight container at room temperature for up to 5 days.