

Merengues

INGREDIENTS

Merengues

4 large egg whites
1 cup powdered sugar
1/4 teaspoon of salt
1/2 teaspoon cream of tartar
1 teaspoon of vanilla

Equipment:

Stand Mixer
Sheet Pan
Parchment paper

INSTRUCTIONS

Merengues - *Like the dance and the French confection (meringue).*

Pre-Heat oven to 200 degrees.

Separate the egg whites from the yolks, being careful not to include any yolk in the whites and of course no egg shells!

Beat egg whites in a mixer or a large bowl, combine egg whites with cream of tartar, vanilla and beat until foamy. You can do this with a stand or hand mixer on medium or with a handheld whisk.

Start on slow speed, once the whites are foamy, speed up mixer and slowly add the sugar, about a table spoon at a time. Beat well after each addition to combine.

Continue beating until stiff glossy peaks form. The peaks of the egg whites should be firm and stand. Double check to make sure the sugar is dissolved, especially if you needed to use granular sugar. Pinch some meringue between your fingers. It should feel silky smooth to the touch.

Once meringue is ready it is best to move quickly. The longer they sit before they get to the oven, the more they will sink and sag.

Use a pastry bag a squeeze out each meringue to desired size or a strong zip lock bag with one of its corners cut off, creating 1/2" hole. Half fill bag and slowly work the egg white batter towards the hole. Keeping pressure on batter with your hands tight around bag try a test dollop on a plate and go for it.

#EnCasa con Fernando Saralegui

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INSTRUCTIONS

Alternately use a large soup spoon or small wooden spoon and scoop one dollop at a time to be plopped on parchment paper 1"x 1"ish. Continue until your pan is full with at least half an inch between all edges of each meringue.

Bake for 20-30 minutes turn off the oven and leave the meringues in the oven until cooled. The meringues are being both baked and dried.

If you can give a meringue a push with your finger and it easily separates from the papered pan surface they are ready.