Meringues

Preparation time: 30 minutes  
Cooking time: 1 hr 30 mins – 1 hr 45 mins  
Overall inc. cooling: 2 hrs 30 mins  
Makes: approx. 12 meringues, depending on size

Ingredients

4 Large egg whites  
115g Caster sugar  
115g Icing sugar

Method

1. Preheat the oven to gas mark ¼, 110°C, 100°C fan  
2. Line two baking sheets with baking parchment  
3. Separate 4 large eggs with the whites in a large bowl  
4. Whisk the egg whites with an electric whisk on half power until it holds stiff peaks  
5. Increase the whisk speed to full, and add the caster sugar a dessert spoon at a time, beating for 3 - 4 seconds between additions. The mixture will become thick and glossy  
6. Sieve 1/3 of the icing sugar into the egg whites and fold in with a metal spoon. Repeat until the icing sugar is all incorporated. It will now look smooth and billowy  
7. Scoop heaped dessert spoons full into the baking sheets using a second spoon to ease the mixture off the first  
8. Bake for 1 ½ hours – 1 ¾ hours (fan oven) of 1 ¼ hours (conventional oven) until the meringues sound crisp when tapped and are a pale coffee colour  
9. Leave to cool completely on the trays  
10. Store in an airtight container

Serving suggestions:

- Whip some double cream and stick two meringues together  
- Whip some double cream and serve the meringues crumbled with the cream and fresh fruit  
- Crumble and use in a fridge cheesecake  
- Crumble over ice cream
Ingredients
4 Large egg whites
115g Caster sugar
115g Icing sugar

Utensils
Small and Large bowls
Sieve and Metal spoons
Baking parchment & Scales
Electric whisk
Airtight container
Oven gas ¼, 110°C fan

1. Separate the eggs, putting the whites into the large bowl
   Reserve the yolks in a mug in the fridge for another purpose

2. Whisk the whites in the large bowl using the electric whisk on medium power until they hold stiff peaks

3. Weigh the 115g of caster sugar into a small bowl
   Whisk these a dessert spoonful at a time using the whisk on high power until thick and glossy

4. Weigh the 115g of icing sugar into the small bowl
   Sieve 1/3 into the egg whites and fold in with a metal spoon

5. Repeat adding 1/3 icing sugar and folding until all the icing sugar is mixed in
   The mixture will become smooth and billowy

6. Placed heaped dessert spoons full of the mixture onto the baking sheets using another spoon to ease the mixture off the first spoon

7. Bake in the oven for 1½ to 1¾ hours (fan oven) until they sound crisp when tapped underneath and they are a pale coffee colour
   Leave to completely cool on the trays

8. Store in an airtight container

9. Why not serve 2 stuck together with whipped double cream

10. Or maybe crumble one into a bowl with some whipped cream and fruit