

Preparation time: 30 minutes

Cooking time: 1hr 30mins – 1hr 45mins

Overall inc. cooling: 2hrs 30mins

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 $\frac{1}{4}$, 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 eggs 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) or 1 ¾ 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:

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- 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
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Meringues

Brigades @ Home – 24/07/2020

Ingredients

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



Utensils

- Small and Large bowls
- Sieve and Metal spoons
- Baking parchment & Scales
- Baking sheets & Mug
- 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

