

Meringue



Making the Meringue

Clean all equipment = Glass bowl, electric whisk, baking tray
Carefully separate the egg whites and place in a large mixing bowl.

Switch the whisk on to a slow speed and begin whisking for about two minutes.

After that, switch to the highest speed and continue whisking through till the soft peak stage. The whites should be all cloudy and foamy at this stage. This will take about 1 minute

It's very important not to over-whisk the whites – this will stretch the surface of the bubbles that have formed and they will burst and collapse into liquid.

Next, whisk the sugar in on fast speed, about a tablespoon at a time, until you have a stiff and glossy mixture with a satin sheen.

Test to see if the sugar has dissolved into the foam by rubbing some meringue between your fingers. If you don't dissolve all the sugar, the meringue will 'weep' in the oven (you'll get watery sugar coming out of the meringue).

Spoon onto baking sheets lined with baking parchment (or a liner) ready for baking.

Bake for 40 mins at 100c / gas 2. Then turn off the oven leaving the meringues inside.

After 15 mins carefully lift off the tray and leave to cool.

For the Meringue:

3 eggs whites

150 caster sugar

½ teaspoon vanilla extract