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MERINGUE

Home-made Meringue is easier to make than you think and whilst sugar gives us what is called 'empty calories' because it offers no nutrients other than energy, meringue is made with egg whites which are high in protein and fat-free.

Meringue can be used in many different ways, as an individual treat filled with cream or Greek yoghurt or as a topping for a dessert.

INGREDIENTS

Min 2 egg whites
56g (2oz) caster sugar per egg

METHOD

1. For each egg white you will need 2oz (56g) caster sugar. To make meringue use a minimum of 2 egg whites.
2. Ensure the bowl and the whisk are totally grease-free otherwise the egg whites will not whisk up to maximum volume.
3. Place the egg whites (make sure there is no broken yolk in them) in the clean bowl and whisk on high until it stands in peaks and is quite 'solid' and not moving if you tip up the bowl.
4. Then add a good teaspoon of sugar into the whipped egg whites and whisk for 30 seconds and repeat this process, adding one teaspoon of sugar for each egg white you are using. Finally, stop whisking but carefully fold the remaining sugar into the egg whites with a metal spoon to avoid breaking down the air in the foamy egg whites.
5. Place the meringue mixture into a piping bag into which a nozzle has been placed and pipe into individual rosettes (as seen in the video) or into a pavlova base, onto a non-stick silicone or parchment paper placed on a baking tray.
6. Cook in a cool oven 140°C, 275°F or Gas Mark 1 for 2-3 hours until crisp to the touch on the outside. Keep checking their progress as individual ovens vary. You will not spoil them by opening the oven to check.
7. Allow to cool and keep in an airtight container for up to two weeks.