

Basic Meringues

What you need

- Scales
- A very **clean** bowl
- A very **clean** dessert spoon
- An electric whisk
- A baking sheet
- Baking paper

Ingredients

3 large eggs

115g (4oz) sugar



Method

1. Pre-heat the oven to 150°C (gas mark 2)
2. Separate the egg yolks from the egg whites.
3. Place all the egg whites in a large clean bowl (**with absolutely no yolk**)
4. Whisk slowly for 2 minutes until frothy
5. Increase the speed of the mixer gradually, mixing for another 2 minutes until stiff peaks form (the mixture stays on a spoon when tilted)
6. Add the sugar in a spoon at a time and mix on full power until all the sugar has combined with the whites.
7. Spoon dollops of the mixture onto the baking paper leaving a gap in between.
8. Place in the oven and turn the heat down to 140°C (gas mark 1) and bake for 1¼ hr.