



Meringues

4 Eggs
Pinch of salt
1,5ml Cream of tartar
227g Castor sugar with GRINDER
5ml Vanilla essence

Method:

Separate yolks from whites. Whisk egg whites with BEATER until frothy, sprinkle on salt and cream of tartar and continue whisking until stiff but not dry. Add sugar, 15ml at a time, whisking well, until $\frac{3}{4}$ of the sugar is added. The mixture should be soft, thick and smooth. Not a grain of sugar should be left when rubbed between finger and thumb. Fold in the balance of the sugar and vanilla essence with a spoon. Shape into high mounds on rice paper or tin foil on a greased tray, or greaseproof paper, or baking paper. Bake very slowly in a 100°C oven for 34 minutes. If they start going brown, turn off the oven. Leave in tin for one hour. When cool, sandwich meringues with whipped fresh cream.

NOTE:

Use room temperature eggs – not straight out of refrigerator.