

DESSERT MERINGUES



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4 egg whites

125 g castor sugar

100 g icing sugar

Filling:

250 ml double cream

raspberries and blueberries

icing sugar, to dust

Preheat the oven to 160°C. Line a large baking tray with non-stick baking parchment.

Place the egg whites in a clean bowl and whisk with an electric whisk until they form stiff peaks when the whisk is removed from the bowl. Continue whisking as you add the sugar, one spoonful at a time, until all the sugar is incorporated. The meringue will then become shiny and will hold stiff peaks when the whisk is lifted from the bowl.

Pipe the meringue into rectangle shapes on the paper, then pipe little blobs along the long sides on top to make a rim.

Bake for 1 – 1 1/2 hours, or until the meringue can be lifted easily off the paper without sticking. Turn off the oven, leave the door open and leave until the meringues are cold.

Just before serving, whip the cream in a bowl until it just holds its shape. Spread the cream mixture onto the meringues and top with raspberries and blueberries or any fruit of preference. Dust with icing sugar.

I used mulberries, fresh nectarines and topped with granadilla pulp.

Recipe posted by Reneé Van Blerk Cupido

Photo: Reneé Van Blerk Cupido