

LEO TEATERO

Meringues Kisses



There are many slight variations of this delicious recipe, but the basic two ingredients are the same. You could add extracts and food colouring for different looks and tastes.

Metric /Imperial

3 large, organic egg whites
7/8 cup/175g white sugar, as fine as you can get it
½ tsp./3ml of homemade vanilla extract

Pre-heat the oven to 200°F/100°C, line two cookie sheets with parchment paper or silpat sheets.

In a medium bowl beat egg whites until they are stiff. Begin by beating on low then increase to high speed, once the mixture is forming peaks, add the sugar very slowly one teaspoon at a time while continuing to beat, make sure that the mixture is stiff after each addition of sugar. Do not add the sugar all at once or it will fall flat.

Once all the sugar has been added, continue to whisk on high speed until you have a smooth, stiff and glossy mixture. Continue to whisk for at least 5 minutes after the sugar has been incorporated. Whisk in the vanilla or any other extract you would like. You could even change their colour by adding food colouring.

Place mixture in a pastry bag with desired tip and pipe out your kisses onto the prepared cookie sheet.

Bake for approximately 35-45 minutes or until the meringue kisses come off the parchment paper cleanly and without sticking. Then turn off the oven, place the handle of a wooden spoon in the door of the oven (to leave a small opening) and leave the meringue in until the oven is completely cool. Serve or conserve in an airtight container for up to two weeks. Enjoy!

Cool on a wire rack.