

CLASSIC FRENCH MERINGUE

LIGHT, CRISP, AND PERFECT FOR COOKIES,
PAVLOVAS, OR PIE TOPPINGS.

INGREDIENTS:

- 4 egg whites (room temperature)
- 1 cup (200g) caster sugar
- 1/4 tsp cream of tartar (optional, stabilises the egg whites)
- 1/2 tsp vanilla extract (optional)

INSTRUCTIONS:

1. Preheat oven to 100°C (210°F) and line a baking sheet with parchment paper.
2. Beat egg whites until foamy.
3. Add cream of tartar and continue beating until soft peaks form.
4. Gradually add sugar (1 tbsp at a time), beating until stiff, glossy peaks form.

Spoon or pipe onto the tray and bake for 1.5–2 hours. Turn off oven and leave them inside to dry completely

