



## Meringues

After an evening of baking if I have any egg whites left over I make a batch of meringues. They are fast and simple, plus they are the last thing to go into the oven. I can turn the oven off and place the trays into the oven for over night drying. If its raining, save the egg whites for a dry day.

200°F

2 baking sheets fitted with parchment paper or silpats  
14-inch pastry bag fitted with a large star tip

6 large	egg whites
1 tsp	cream of tarter
1/2 tsp	salt
1-1/2 cups	granulated sugar
	flavoring (see note)
	coloring (see note)

1. Prior to starting, make sure your cooking utensils and the mixer is free on any oil (check above the beater too) and dry and clean.

2. In a mixer bowl fitted with whip attachment, whip egg whites, cream of tarter and salt on medium speed until frothy, about 4 minutes. Place on high speed and beat until whip starts to leave steak marks in egg whites. Add spoonfuls of sugar as a time, until fully incorporated.

4. Take off mixer; fold in flavoring and color to taste.

5. Place meringue into a pasty bag that has been fitted with a French star tip. Pipe small stars or swirls on prepared baking pan. Turn oven off and dry meringues overnight until firm to touch. Be sure to fit all of meringue cookies into oven at once on two baking sheets, as process would be very time consuming.

### Notes:

Flavorings: You can use extracts but use sparingly. I like to use rose water, peppermint, lemon, orange or spearmint.

Colorings: Stick with pastels. Light pink, yellow, green etc. pair the flavor with the color.

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