

Perfect meringues

Serves: 20 meringues

Time

Preparation time 5 minutes

Cooking time 2 hours

Ingredients

- 4 large egg whites, at room temperature
- ¼ teaspoon vanilla extract
- 110g caster sugar
- 110g icing sugar

To serve

- 500ml 0% fat thick natural yogurt
- 400g (1 large punnet) strawberries, washed and stalk removed (hulled)



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Method

1. Preheat the oven to 100°C or gas mark $\frac{1}{4}$.
2. Line 2 baking sheets with parchment paper (meringue can stick on greaseproof paper and foil).
3. Tip the egg whites into a large clean mixing bowl (preferably metal). Beat them on medium speed (with either an electric mixer or electric hand whisk) until the mixture stands up in peaks.
4. Turn the speed up and start to add the caster sugar, one third at a time. Continue beating for 3–4 seconds between each addition. It's important to add the sugar slowly at this stage and the mixture should be thick and glossy.
5. Mix in the vanilla.
6. Sift one third of the icing sugar over the mixture, then gently fold it in with a large metal spoon or rubber spatula. Continue to sift and fold in the remaining icing sugar.
7. Use a large dessertspoon to dollop 6cm (2½ inch) rounds of meringue onto the prepared baking sheet. Bake in the cool oven for 2 hours. Do not be tempted to open the oven door at any point of baking – if you do, the meringues will crack.
8. Remove meringues from the oven then leave to cool on the trays or a cooling rack.
9. Pile the meringues onto a large serving plate and serve with yogurt and strawberries.

Tip

- Meringues will keep in an airtight tin for up to two weeks or in the freezer for a month.

