

# Meringue Nests



Preparation time:	120 mins
Serves:	10 people
User Rating:	★★★★☆

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When it comes to the perfect dessert you can't really go past a classic meringue. So, here's your foolproof meringue nests recipe – to repeat time and time again.

Melt in your mouth sweet – you can finally say goodbye to store bought meringues.

Quick to whip up and simple to prep, these meringue nests are the perfect bite size desserts.



## Ingredients

- 3 egg whites
- ¼ tsp cream of tartar
- ¾ cup (165g) caster sugar
- Whipped cream, curd and fresh berries, to serve

## Method

1. Preheat oven to 100°C (fan-forced).
2. Use a mug or a tumbler, approx. 8cm wide, to draw circles onto two sheets of baking paper. Place traced side down on two large, lightly greased baking trays.
3. Using a stand mixer fitted with a whisk attachment, beat the egg whites and cream of tartar on medium-high speed until foamy. Continue beating, adding sugar 1 tbsp at a time, until mixture holds stiff peaks. This should take about 6 minutes. Continue beating for a further 1-2 minutes or until sugar has completely dissolved.
4. Spoon mixture into a large piping bag with a 1 ½ - 2cm star nozzle. Using the circle drawings as a guide, pipe round spiral bases with taller edges to form nests.
5. Bake for 1 ½ hours, or until crisp. Turn the oven off. Cool meringues completely in oven, with door ajar.
6. Serve filled with whipped cream, curd and fresh berries.

## Notes

- Choose 1 dozen egg cartons with a total weight of 700g. This will ensure you are using the correct sized (59-60g) eggs
- Any trace of egg yolk or grease on your bowl or whisk can stop your meringue from reaching full volume. Avoid this by washing equipment in hot soapy water, wiping clean with a little white vinegar and drying thoroughly.
- Separate your eggs when they are cold and allow egg whites to come to room temperature. Chilled eggs are easier to separate, and room temperature egg whites will whip to a greater volume.
- Stiff peaks are reached when the meringue stands straight up when the beaters are lifted.
- To check the sugar has completely dissolved, rub a small amount of meringue between thumb and forefinger. Mixture should be smooth and not grainy.
- High humidity can reduce the volume of your meringue.
- If meringues begin browning, turn the oven temperature down by 10°C.
- Cracks can form if there is a sudden change in temperature, like taking the meringues out of the oven straightaway or letting the heat out by opening the oven door. Leave meringues in the oven until completely cooled.
- Moisture can build up inside the oven, preventing the meringues from drying out. Wedge your oven door ajar with a wooden spoon to prevent this.
- Meringues can be made up to 3 days ahead. Store in an airtight container in a cool place.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
57g	708kJ 169kcal	1.6g	9.2g	5.9g	19.9g	19.9g	39mg	0.1g

All nutrition values are per serve.