

Perfect Vanilla Meringues



Preparation time: 45 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Desserts, Vegetarian



Ingredients

- 5 egg whites
- 1 & 1/4 cups caster sugar
- 1 tbsp cornflour
- 1 tsp white vinegar
- 1 tsp vanilla extract
- fresh berries of your choice to serve
- whipped cream, to serve

Method

1. Preheat oven to 120 degrees Celsius
2. Beat egg whites with electric mixer until soft peaks form
3. Beat in sugar a little at a time

- 4. Stir cornflour into mixture, then fold through vinegar and vanilla extract
- 5. Take 1/3 cup mixture and shape into a small round.
- 6. Place onto greased and lined baking tray. Repeat with remaining mixture
- 7. Place trays in oven and bake for 45 minutes. Turn oven off and allow meringues to cool in oven
- 8. Serve with fresh berries and a dollop of whipped cream

Notes

For more delicious Meringue recipes be sure to check out [Mitch Orr's Italian Meringue Marshmallow](#) recipe or [Manu Feildel's Bombe Alaska](#) [recipe](#).

Nutritional Information

Serving size	Energy	Protein	Carbs (total)	Carbs (sugar)	Sodium
6g	73kj 17kcal	0.2g	4g	3.9g	4mg

All nutrition values are per serve.