

Ingredients (for approximately 150 pieces)

- 4 eggs (only whites needed for this recipe); at room temperature
- ¼ tsp cream of tartar; optional
- 1 tsp vanilla
- 2 drops food colouring of choice; optional
- 1 cup granulated sugar

Line three baking sheets with parchment paper, and set aside. Separate egg whites making sure that yolks do not break, to avoid any contamination (reserve yolks for another use); place egg whites in a clean and dry mixing bowl, and add cream of tartar, if using. Whisk vigorously, preferably with an electric mixer, until white and foamy, then add vanilla. Continue whisking while adding food colouring (if using), and then gradually, the sugar. Continue beating until the mix is glossy and firm (photo below, left). Transfer some mix to a pastry bag, fitted with a large round nozzle (an alternative is to fill a strong plastic storage bag and cut an opening at one corner, about 1/3 in (8 mm) wide.); start piping onto prepared baking sheets, holding the bag vertically, and moving up slowly, forming small mounds; the shape is similar to a chocolate kiss, but bigger, about one inch (2.5 cm) in diameter (photo below, centre). Continue piping, refilling the pastry bag, until all the mix is used (makes about 150 pieces). Place baking sheets in oven pre-heated to 180°F (82°C). Bake for 40-60 minutes, until the *suspiritos* look dry outside. Turn off the oven, and allow to rest inside for at least 2 hours, and up to overnight. Take trays out of the oven; the meringues should be very light, and look completely dry, but not browned (photo below, right):



Store in a container with lid, or if preparing as favours for an event, place 8-10 pieces in cellophane bags, and tie a ribbon in a matching colour to close the bag:

