

Street Food Meringues – Merengues

Ingredients (for approximately 18 pieces)

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

Line two 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, and then gradually, the sugar. Continue beating until the mix is glossy and firm. 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 almost vertically, and pressing for a constant flow, forming a circle of approximately 3 inches (7.5 cm) in diameter, then filling towards the centre in a spiral. Continue piping, refilling the pastry bag, until all the mix is used (makes about 18 pieces). Place baking sheets in oven pre-heated to 180°F (82°C). Bake for 40 minutes, or until the meringue looks dry outside. Turn off the oven, and allow to rest inside for one to two hours. Take trays out of the oven; the meringues should look completely dry, but not browned. They may be stored in an air-tight container for a couple of days, but they are at their best when eaten fresh.

