

STRAWBERRY-FILLED MERINGUE

Ingredients

4 Egg Whites

8 ounces Superfine
Sugar

½ teaspoon Vanilla
Essence

1 teaspoon White
Vinegar

2 teaspoons Cornstarch

Directions

Using a whisk attachment, whisk Egg Whites in a stand mixer at medium speed until foamy. Add Sugar gradually, then Vanilla and White Vinegar whilst mixing. Continue for about 2 minutes- Meringue will be glossy and when you remove the whisk there will be peaks that form and then slightly fall. Do not over-mix so that *stiff* peaks form as this will cause a dry final product! Transfer into a piping bag fitted with a star tip and create 6 flat discs on a pan-sprayed parchment paper lined baking sheet (use a spatula to flatten out). Pipe the sides of the Meringue to create the sides of shell, about 3 or 4 turns each.

Bake at 225F for 90 minutes and then let cool in the oven. Fill with some fresh Whipped Cream, Lemon Curd or Custard and then sliced fresh Strawberries and garnish with Mint.

*Make sure that you have zero Yolk in the Whites as this will prevent the Whites from foaming into peaks.

*Make sure that the whisk and bowl are very clean and dry

* If you do not have Superfine Sugar, simply use a food processor to grind Sugar further, about 30 seconds should do it.

*Use a 3.5 inch cookie cutter or bowl/ramekin to draw circles lightly with a pencil to help form evenly round shells.

*Do not run or stomp around or near your oven during cooking as the vibrations will cause the Meringue to crack!

*Meringue can be made ahead and frozen in a sealed container- remove from freezer and let thaw for 10 or 15 minutes before using.