

PPLD Young Adult Services Tutorial:

Mythological Meringue

Description:

Make meringues shaped like the mythological creature of your choice!

Supplies:

1. 4 egg whites, room temperature
2. 1 cup extra fine sugar
3. 1/2 teaspoon cream of tartar
4. Flavorings and colorings of choice (recommended 1 teaspoon if flavoring is an extract, 1/8-1/4 teaspoon if flavoring is more concentrated like cinnamon oil)
5. Baking sheet and parchment paper
6. Stand mixer with bowl and whisk attachment
7. Silicone spatula
8. Piping bag with round tip
9. Access to computer and printer to create a template, with images approximately 3" wide

Link to Video Tutorial:

<https://youtu.be/tF1QJ3baLsY>

Adapted from

<https://www.imperialsugar.com/recipes/heart-shaped-meringue-cookies>

Instructions:

1. Wash your hands. Preheat the oven to 225°F. Line cookie sheet with parchment paper.
2. In the bowl of a stand mixer fitted with the whisk attachment, beat egg whites on medium-high speed for 1 minute until frothy.
3. Add cream of tartar. With the mixer still going, add in sugar very slowly, streaming in about a tablespoon at a time. Turn mixer off and scrape sides of bowl to combine. Continue beating for 2-3 minutes on high speed until meringue is glossy, stiff peaks form, and mixture is smooth and not grainy. If sugar isn't completely dissolved continue mixing in 30 second increments until it's smooth between your fingers.
4. Add in flavoring and coloring and fold or beat in until combined and not streaky.
5. Fit piping bag with tip and fill with meringue. Place template under parchment paper on cookie sheet. Pipe meringue to trace shapes on template.
6. Bake the piped meringues for 45 minutes. Turn the oven off, without opening the door. Allow the meringues to sit in the warm oven for 1 hour.
7. Store in an airtight container.