

Meringue Cookies Recipe

[Printer Friendly Page](#)

[Meringue](#) Cookies are airy, sweet and crisp that seem to almost melt in your mouth. I love how the outsides of the meringues are nice and crisp, yet the insides remain wonderfully soft and puffy, almost like mini-Pavlovas. While I often eat these just as they are, they also make a very nice plated [dessert](#) that you can top with whipped cream, ice cream, sorbet, and/or fresh fruit.

Meringue Cookies are made with just two main ingredients: stiffly beaten egg whites and superfine (caster) sugar. To ensure the egg whites reach maximum volume, have your mixing bowl and beaters clean and free of grease. It is easier to separate your eggs while they are cold. Once separated, cover the egg whites and let them come to room temperature before using (about 30 minutes). Cover and refrigerate the egg yolks for another use. Superfine [sugar](#) makes the best meringues as it dissolves easier in the whites. To make your own, take 3/4 cup (150 grams) granulated white sugar and process in your food processor until very fine.

There are a few things to keep in mind when making meringue cookies. The standard ratio when making hard meringues is 1/4 cup (50 grams) of granulated white sugar for every egg white. This amount of sugar is needed to give the meringue its crispness. Adding the sugar gradually to the egg whites ensures that the sugar completely dissolves and does not produce a gritty meringue. Cream of tartar is used in the whipping of egg whites to stabilize them and allows them to reach maximum volume. Also, it is a good idea to use parchment paper or aluminum foil to line your [baking sheets](#), not wax paper, as the meringue will sometimes stick to wax paper.

Baking the meringues in a slow oven allows for gradual evaporation of the moisture from the meringues. If the oven temperature is too high, the outside of the meringue will dry and set too quickly. You will also notice that the outside of the meringue separates from the inside. Another indicator that your oven is too high is when the meringue starts to brown which causes the sugar to caramelize. If this happens, lower the temperature about 25 degrees F. If you decide to make meringues on a rainy or humid day, you will probably have to bake the meringues longer (could be up to 30 minutes more) than on a dry day. Lastly, to prevent cracking of the meringues, do not open the oven door during the first half of the baking time.

Meringue Cookies: Preheat oven to 200 degrees F (95 degrees C) and place the rack in the center of the oven. Line a baking sheet with parchment paper. You can form the cookies with a pastry bag fitted with a 1/2 inch (1.25 cm) plain tip, or I often just use two spoons to make the cookies.

In the [bowl](#) of your electric mixer, with the whisk attachment, beat the egg whites on low-medium speed until foamy. Add the cream of tartar and continue to beat the whites until they hold soft peaks. Add the sugar, a little at a time, and continue to beat until the meringue holds very stiff peaks. Beat in the [vanilla extract](#).

Note: The meringue is done when it holds stiff peaks and when you rub a little between your thumb and index finger it does not feel gritty. If it feels gritty the sugar has not fully dissolved so keep beating until it feels smooth between your fingers.

Before placing the cookies on the [cookie sheet](#), place a little of the meringue on the underside of each corner of the parchment paper. This will prevent the paper from sliding. Transfer the meringue to a pastry bag fitted with a 1/2 inch (1.25 cm) tip. Pipe 2 1/2 inch (6 cm) rounds of meringue in rows on the prepared baking sheet. Alternatively, [spoon](#) mounds of meringue, using two spoons, onto the prepared sheets. Sprinkle the tops of the cookies with a few shaved almonds, if desired.

Bake the meringues for approximately 1 1/2 to 1 3/4 hours, rotating the baking sheet from front to back (about half way through) to ensure even baking. The meringues are done when they are pale in color and fairly crisp. Turn off the oven, open the door a crack, and leave the meringues in the oven to finish drying overnight.

Makes about 10 - 2 1/2 inch (6 cm) meringues

Meringue Cookies Recipe:

3 large [egg](#) whites (3 ounces or 90 grams)

1/4 [teaspoon](#) cream of tartar

3/4 cup (150 grams) superfine or caster [sugar](#) (if you don't have superfine sugar simply take granulated white sugar and process it for about 30 seconds in a food processor)

1/4 teaspoon pure vanilla extract

Garnish:

1/4 cup shaved Almonds

Read more: <http://www.joyofbaking.com/MeringueCookies.html#ixzz1Boyce2Io>