

How to Make Meringue

Meringue is a wonderful sweet and light treat that melts on the tongue. It can form meringue kisses or use the mix as topping on fruits and fruit pies. Meringue toppings are best on dry days.



Prep Time: 10 minutes

Cook time: 10 minutes

Yield: Topping for 1 Pie

Category: Dessert

Cuisine: German

Suitable for: Vegetarian Diet, Low Salt Diet

Ingredients:

- 3 Egg whites
- 6 Tablespoons of fine sugar (2 Tablespoons per 1 egg white)

Instructions:

1. Preheat the oven to 160 C°.
2. Separate three egg whites and collect them into a clean glass or steel bowl.
3. With an electric hand-mixer whisk until the egg whites are smooth and foamy.
4. Then add one by one tablespoon to the mix until it is smooth and glossy.
5. Spread the mixture evenly onto your favorite fruit pie.
6. Bake for 10 min or until golden brown.

