

The Meringue

Ingredients

4 egg whites 1/4 cup + 2 tbsp superfine
(Berry) sugar
1/2 tsp vanilla
1/2 tsp cream of tartar



Directions

Add egg whites to your stand-mixer's bowl. Whisk with a large balloon whisk until light and frothy. Whisk in the sugar, two tablespoons at a time for about 5 seconds each time.

Simmer 1/2" of water in a pot just large enough to hold the bowl from your mixer. Place the mixing bowl over but not touching the simmering water. Continue to whisk and move the eggs so that they don't begin to cook, but until they reach a temperature of 115° F and the sugar is dissolved and not gritty. This should take 3-4 minutes.

Remove the bowl from the pot, dry and put on your mixing stand fitted with a wire whisk. Starting on low, gradually increase the speed of your mixer. Beat until peaks begin to form. Add in vanilla and cream of tartar. Continue to beat until stiff peaks form when the whisk is lifted up out of the bowl about 3 - 5 minutes total.

Spoon into a piping bag fitted with a #21 tip. Holding the bag in one hand, twist to close the top. Use your other hand to squeeze gently until the meringue extrudes. Hold the bag vertically and pipe in a circular motion, pressing down gently at the center when done.