

MERINGUES



 Makes 24

 Prep Time 10 minutes

 Cook Time 1 hour

INGREDIENTS

- 2 egg whites
- 1 cup caster sugar
- ½ tsp vanilla essence
- 1 tsp vinegar
- 2 Tbsp boiling water
- Whipped cream

METHOD

1. Preheat oven to 120°C. Line two trays with baking paper.
3. Place the egg whites, sugar, vanilla essence and vinegar in a bowl and beat until white and glossy. Add the boiling water slowly, while beating.
4. Drop spoonfuls onto the baking paper and use the back of the spoon to shape.
5. Bake in the preheated oven for 1 hour. When finished cooking, turn oven off and leave meringues in there for a few hours or overnight to continue drying out in the centre.
6. Serve with whipped cream and fruit salad, or sandwich two together with whipped cream.