

## MERINGUES



### French Meringue

French meringue only makes sighs.

French meringue is not widely used because the egg whites are raw. There is a danger of salmonella.

### Ingredients (yields 375 g):

125 g or 4 egg whites at room temperature

250 g of sugar

### Preparation:

1. Put egg whites in mixer with some sugar to froth faster.
2. Beat until a little foamy.
3. Add remaining sugar and beat until smooth.

### Swiss Meringue

Swiss meringue is for cake decorating, cake crusting and sighing.

Swiss meringue also serves as marshmallow.

**Ingredients (yields 375 g):**

125 g or 4 egg whites at room temperature

250 g of sugar

**Preparation:**

1. Put the egg whites and sugar in the bowl of the mixer.
2. Bring to the boil in a water bath until the temperature reaches 37 C to 40° C.
3. Remove the bowl from the water bath and beat until a soft mixture is formed or until firm and cold.

**Italian meringue**

Italian meringue serves to make lemon cake, to gratin and not to make sighs.

**Ingredients (yields 375 g):**

200 g sugar

60 ml water

125 g or 4 egg whites at room temperature

**Preparation:**

1. Place the egg whites in the bowl of the mixer. Reserve.
2. Put the sugar and water in a small saucepan and bring to the fire to form a syrup on a wire point at a temperature of 121° C.
3. When the syrup reaches the temperature of 115° C begin to beat the egg whites and when it reaches 121° C reduce the speed of the mixer.
4. Pour the syrup slowly over the moving egg whites.
5. When you finish pouring the syrup, increase the mixer speed and continue to beat until cool.