

Quick and Easy Meringues

This recipe is based on one from BBC Good Food. It is simple to make and seems to work every time. Use eggs at room temperature and don't be tempted to overbeat the mixture at any stage.

Ingredients

2 Egg large whites (if using smaller eggs reduce the amount of sugar)
60g Caster Sugar
60g Icing Sugar

Method

Preheat the oven to 100C (fan oven).

Line two baking sheets with silicon liner or parchment paper (if using greaseproof butter it first or the meringues will stick)

Use a clean glass or stainless steel bowl and whisk the egg whites on medium until they stand up in stiff peaks.

On full speed add the caster sugar a dessert spoonful at a time, beating for 3 or 4 seconds between each addition – the mixture should now be thick and glossy

Sift one third of the icing sugar over the mixture and fold in gently with a metal spoon or silicon spatula, then repeat with the remaining two thirds.

Using two spoons, or by just dropping, place meringues onto the baking sheets and bake for 90 – 120 minutes. The meringues are cooked when they lift off the sheets and sound crisp when tapped underneath.

Extra thoughts

Using golden caster and icing sugar gives a nice deep colour. You can add some lemon or orange zest for a flavour, or swirl in a (very small!) drop of food colour with the final stir.

These will keep in an airtight container for up to a week or frozen for a month.