

ITALIAN MERINGUE



*If whipped cream and marshmallow cream had a baby,
it would be called Italian Meringue.*

Ingredients:

¾	Cup	Granulated Sugar
¼	Cup	Water
3	Large	Egg Whites (room temperature)
½	Teaspoon	Cream of Tartar

Directions:

1. In a stand mixer, whisk egg whites and cream of tartar until soft peaks form.
2. Combine sugar and water in a heavy bottomed saucepan over medium heat. Cook, stirring constantly until sugar is dissolved.
3. Increase heat to medium-high and cook, continuing to stir, until mixture comes to a boil. As soon as it begins to boil, stop stirring and insert a candy thermometer.
4. When sugar mixture reaches 240° slowly drizzle sugar mixture into egg whites, with mixer on medium-low speed, which will help prevent getting it on the side of the the bowl or on the whisk attachment.
5. When all of the sugar mixture has been added, increase speed to medium-high, and beat until stiff peaks form.

Italian meringue can be used to top pies, to make a buttercream cake frosting, as a base for divinity or mousse, or piped into different shapes to make light and crispy meringue candies.