

Meringue Nest

Makes approx 12

INGREDIENTS

4 x egg whites at room temp
Pinch salt
220g caster sugar
1/2 tsp vanilla essence



You will need:

4x egg whites (room temperature)
220g caster sugar
Pinch of salt
1/2tsp vanilla essence



How to make:

Pre heat your oven to 120

Using an electric whisk beat the egg whites and pinch of salt together till they form soft peaks.

Then slowly add the sugar one spoon at a time while continuing to whisk, ensuring the sugar is full dissolved into the mix.



How to make:

Once all the sugar is mixed in add the vanilla essence and continue to whisk for 4-5 minutes the mixture should hold its shape and stay in the bowl when upturned.

Spoon onto lined baking trays using 2 large spoons to form a quenelle shape (or use a piping bag to form nests)

Turn the oven down to 90 c Bake for 1hour 45 or until the meringues sound crisp when tapped. Leave to cool completely before storing in an airtight container.



METHOD

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Give them a go and remember to share your photos and tag us via our Facebook and Instagram pages @themaybush
We cannot wait to see your creations!



a group of individual inns