



Shimmer Sugar Meringues

25 Portions



Medium

● ● up to 120 Min.



Ingredients:

For the Meringues:

3 Egg Whites
150 g Caster Sugar (5 oz)
Dr. Oetker Red Extra Strong Food Colour Gel
Dr. Oetker Yellow Extra Strong Food Colour Gel
Dr. Oetker Blue Extra Strong Food Colour Gel
Dr. Oetker Orange Extra Strong Food Colour Gel
Dr. Oetker Green Extra Strong Food Colour Gel
150 g Dr. Oetker 26% White Chocolate (5 oz) broken into pieces
0.3 g Sprinkles or shimmer spinkles to decorate

1 Shimmer Sugar Meringues:

Preheat the oven to 110°C (90°C Fan, 225°F, Gas Mark 1/4). Line 2 large baking trays with baking parchment. In a large grease-free bowl, whisk the egg whites until very stiff and dry. Whisk in half of the sugar. Gently fold in the remaining sugar.

Equally divide the mixture between 5 bowls and add a little of the Gel Food Colours to each bowl to make pale yellow, blue, pink, green and orange meringue mixtures. Gently fold in the gels until well blended.

2 Working on one coloured meringue mixture at a time, place the mixture into a piping bag fitted with a 1cm (1/2in) plain nozzle and pipe five, 5cm (2inch) diameter mounds on to the prepared baking trays. Repeat with each colour meringue mixture to make 25 meringues.

3 Bake in the oven for 2 hours until the meringues are crisp on the outside, but not browned - prop the oven door open slightly if they start to discolour. Cool on the baking trays.

4 To decorate the meringues, put the White Chocolate into a heatproof bowl and place over a saucepan of barely simmering water until melted. Remove the bowl from the water, stir the Chocolate until smooth and cool for 10 minutes.



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- 5 Put the sprinkles of your choice into 3 saucers. Taking one meringue at a time, carefully dip the bottom of the meringue into a little White Chocolate and then dip it into the sprinkles. Place the meringue back on to a lined baking tray to set. Repeat until all of the meringues are decorated and then put aside in a cool place for about 30 minutes until set.

Tip from the Test Kitchen

- These meringues are crisp on the outside, yet stay chewy in the centre; they will keep in an airtight container for several days. Avoid putting the meringues in the fridge to set the chocolate as this softens the texture

