

# Meringue Kiss

## You need

3 large egg whites  
1 1/8 tsp salt  
1/8 tsp cream of tartar  
150g (3/4 cup) granulated sugar  
gel paste food colour (optional)



## You do

1. Preheat the oven to 130°C (250°F / Gas Mark 1/2). Whip the egg whites, salt and cream of tartar on medium high speed until soft peaks form. Continue to beat and add the sugar, 1 tbsp at a time. Let the mixture beat on high speed until the sugar has completely dissolved and the meringue looks glossy with stiff peaks. This usually takes between 7 to 10 min. If desired, colour the meringue with gel paste food colour.

2. Fill the mixture into a piping bag fitted with a star tip nozzle and pipe little rosettes.

3. Bake for 1 1/2 to 2 hours until the meringues are dry. ) Let the meringue kisses cool for 15 min, then place them on a cooling rack and let cool completely.

**Tip:** To make sure that the bowl and mixer are completely clean and fat free, rub the inside of the mixing bowl and the mixing attachments with a slice of lemon or vinegar.