

Chocolate Meringues

Makes 6-7

Hands-on Time 15 minutes

Baking Time 2 hours

Ingredients

- 100g dark chocolate (70%)
- 4 egg whites (from medium eggs)
- 255g caster sugar
- Pinch of fine salt

Equipment

- Baking sheet (ideally aluminium)
- Baking parchment
- Microwaveable bowl
- Microwave
- Spatula
- Large bowl
- Electric or hand whisk
- Large spoon

Method

1. Prepare the Oven and Baking Sheet

- Preheat the oven to 90°C/70°C (fan)/195°F/Gas Mark ¼.
- Line the baking sheet with baking parchment.

2. Melt the Chocolate

- Break the chocolate into a microwaveable bowl.
- Microwave in 30-second bursts, stirring between each blast, until fully melted. Set aside.

3. Make the Meringue

- In a large bowl, whisk the egg whites on medium speed until soft peaks form.
- Gradually add the caster sugar, a couple of tablespoons at a time, whisking for at least 20 seconds after each addition. The meringue should become thick and marshmallowy.

4. Add the Chocolate and Salt

- Drizzle the melted chocolate over the meringue and sprinkle with a pinch of salt.
- Gently fold the chocolate into the meringue a few times to create a ripple effect. Do not over-mix.

5. Shape and Bake

- Using a large spoon and spatula, dollop the meringue onto the prepared baking sheet, forming 6-7 mounds.
- Bake on the middle shelf for 120 minutes.

6. Cool and Serve

- Remove the baking sheet from the oven and let the meringues cool completely on the sheet.

Enjoy!