

Swiss Meringue

Makes approx. 200g
Hands-on Time 20 minutes

Ingredients

- 75g egg whites
- 140g caster sugar

Equipment

- Saucepan
- Heatproof bowl
- Spatula
- Jam or electric thermometer
- Tea towel
- Electric or hand whisk

Method

1. Prepare the Bain-maire

- Fill a saucepan with enough water so that a heatproof bowl placed on top doesn't touch the water.
- Bring the water to a simmer over medium heat.

2. Heat the egg whites and sugar

- Place the egg whites and sugar in the heatproof bowl and set it over the simmering water.
- Stir gently until combined, then heat until the mixture reaches 75°C/167°F, stirring occasionally. This should take about 5 minutes.

3. Make the meringue

- Remove the bowl from the heat and place it on a tea towel.
- Whisk the mixture on high speed until it forms a thick, glossy meringue with stiff peaks.

Enjoy!