BARRETSTOWN VOLUNTEER ÁINE
RASPBERRY CREAM MERINGUES

Ingredients

4 egg whites, at room temperature.
About 240g of caster sugar

For the filling:
100g raspberries
300ml double cream
1 tbsp icing sugar, sifted.

Method

1. Preheat Oven to 120 OC. Line a baking sheet with parchment.
2. Ensure bowl is clean and dry. Use a lemon to remove any traces of grease.
2. Weigh the egg whites. Need exactly double the weight of sugar to egg whites.
3. Whisk the egg whites in the metal bowl until they are stiff and form strong peaks.
4. Gradually add half the sugar, a couple of tablespoons at a time, whisking in between.
5. Gently fold the remaining sugar into the egg whites, trying to lose as little air as possible.
6. They are ready when they lift easily from the parchment and sound hollow when taped.
7. Turn off the oven and leave the meringues to cool inside. Remove to a wire rack when cold.
8. Out the raspberries in a bowl and crush with the back of a fork, so they break you.
9. In a separate bowl whisk up the double cream until firm nut not stiff
10. Gently fold together the cream and crushed raspberries and combine with the icing sugar.
11. Spread a little of the raspberry mixture onto half the meringues.
12. Top with the remaining meringue halves and gently press together to form sandwiches. Enjoy....