

## INGREDIENTS

- 1 cup granulated sugar
- 1 cup superfine sugar
- 8 egg whites
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon salt
- 1 teaspoon vanilla or almond extract

## PREPARATION

1. 1. Preheat the oven to 250 degrees.
2. 2. Line 2 baking sheets with parchment paper or foil. On each, draw 10 4-inch circles.

1. Pour the egg whites into a stand mixer fitted with a whisk attachment. 2. Whip the egg whites until they are foamy—this means that they should be white and bubbly, but not yet starting to hold any sort of peaks. 3. Add the cream of tartar to the foamy egg whites, then mix on low speed until the cream of tartar is mixed in. 4. Whip the egg whites to soft peaks. 5. Once at soft peaks, add the sugar a spoonful at a time, while mixing the egg whites at medium-high speed. You don't have to measure it precisely, but the point is to add it *very gradually* so it gets slowly incorporated. I wait at least 1-2 minutes between each addition before adding more, to make sure that it really is well-mixed in. 6. Now you can add any flavoring extracts you like! 7. Continue to whip the whites until they are very stiff. 8. Time for piping! If you want to color the meringue, gently fold in gel food coloring with a spatula and stir just until the color is even. Then place the meringue mixture in a piping bag. 9. Pipe the meringues on parchment paper. 10. Once the meringues are baked, turn the oven off and let them cool completely in the oven. Going from hot oven to cold room can

**sometimes cause your meringues to crack, so gradually lowering their temperature is best for keeping your meringues looking good!!.**