



Royal  
Botanic Garden  
Edinburgh

## Botanic Cottage Community Cook Club Concluding Blog 2021

### A sweet treat

#### Meringues, cream and fresh fruit

A simple and delicious treat - perfect for the end of summer. Great with strawberries, raspberries, or sliced stone fruits.

Personally I would only attempt meringues with an electric whisk.



#### Ingredients

4 egg whites

110g caster sugar

110g icing sugar

150ml double cream

Makes about 8 meringues

#### Method

1. Heat the oven to 110 degrees and line a baking sheet with baking paper.
2. Make sure your bowl is perfectly clean, then add the 4 egg whites.
3. Using an electric mixer whisk the egg whites until they form stiff peaks.
4. At the highest mixer speed start to add the caster sugar, a spoonful at a time, beating for a few seconds between spoonfuls. Stop when the mixture is thick and glossy.
5. Using a sieve sift in the icing sugar a quarter at a time. Gently fold in the icing sugar with a spoon or spatula. The mixture should look smooth and have a good amount of volume.
6. Scoop the meringue mixture onto the baking tray using a dessert spoon. This mixture should make around 8.
7. Bake for 90 minutes or until the meringues sound crisp when tapped underneath.

8. Cool on a rack then keep in an airtight container until needed.

To serve, whip the cream, chop the fruit and then arrange with 1-2 meringues per person.