



EGG WHITES, SUGAR,

a pinch of cream of tartar or a dash of vinegar—and air. So simple, yet so divine! Meringue can be spooned onto pies, piped into any number of beautiful shapes, baked, poached, whipped into silky frostings, or folded into cakes. It can be combined with ground nuts, chocolate, or any number of flavorings, or made into vessels for chantilly cream and berries. And that's just the beginning.

With thoughtful instructions, helpful hints, and magical recipes, *Meringue* will guide you in making such heavenly treats as Classic French Meringues, Chocolate Raspberry Mini-Pavlovas, Clementine Meringue Cake with Rosemary, and Baked Alaska.

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Cookbook



MERINGUE



JACKSON & EVANS GARDNER



GIBBS SMITH

MERINGUE

LINDA K. JACKSON &
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Photographs by ALEXANDRA DEFURIO



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Classic Berry Pavlova

Serves 8

Fresh, juicy berries atop luscious whipped cream and a lighter-than-air meringue shell. No matter how great the dinner, this show-stopping dessert will be what your guests talk about for days to come.

MERINGUE SHELL

4 large egg whites, room temperature

1 teaspoon white vinegar

Pinch of salt

1 cup superfine sugar, divided

1 teaspoon cornstarch

WHIPPED CREAM FILLING

1 cup heavy whipping cream

3 tablespoons powdered sugar

1 tablespoon pure vanilla extract

FRUIT

4 cups fresh berries, any combination of strawberries, raspberries, and blueberries

1 to 2 tablespoons sugar, optional

Preheat oven to 350 degrees.

MERINGUE SHELL: In the bowl of an electric stand mixer fitted with the whisk attachment, beat egg whites until foamy. Add vinegar and salt and beat on medium-high until soft peaks form. Add sugar, 1 tablespoon at a time, beating until all of the sugar is incorporated. Continue beating on high until meringue is stiff with glossy peaks. Beat in cornstarch, about 1 minute more.

With a rubber spatula, empty the meringue into the center of a baking sheet lined with parchment paper. Using the back of a spoon, spread the meringue from the center, making the sides higher, to form a 10-inch shell. Bake for 5 minutes, then lower the temperature to 250 degrees and continue baking for 1 hour. Turn the heat off but leave the meringue shell in the oven for 3 hours or more (or overnight) so that it continues to dry. When completely cooled, loosen the meringue by gently peeling it off the parchment or by sliding an offset spatula or knife underneath the shell. Use immediately or, if preparing in advance, carefully wrap the meringue shell in plastic wrap and store at room temperature.

WHIPPED CREAM FILLING: With an electric mixer, whip cream, sugar, and vanilla until stiff.

FRUIT: Rinse the fruit and allow it to dry on paper towels. Transfer to a mixing bowl and toss with sugar.

TO ASSEMBLE PAVLOVA: Gently transfer the meringue shell to your serving plate. Spread whipped cream filling on meringue shell to within 1 inch of the edge to create a boarder. Top with fruit in concentric circles or pile the fruit on top for a less formal look.

NOTE: *It's best to wait until you are ready to serve the Pavlova to fill the shell with whipped cream and fruit so that the meringue stays crisp.*

Hanukkah Lights

Makes about 36 cookies



The sparkling blue sugar atop the white meringue cookies reflects the traditional Hanukkah colors and reminds us of the flickering light of the menorah candles. For a sweet little hostess gift or party favor, Linda likes to tuck a few inside a clear cellophane bag tied with a silver satin ribbon.

3 large egg whites, room temperature

1/8 teaspoon cream of tartar

3/4 cup superfine sugar, divided

1/8 teaspoon pure vanilla extract

2 tablespoons blue sanding sugar, divided

Preheat oven to 200 degrees.

In the bowl of an electric stand mixer fitted with the whisk attachment, beat egg whites and cream of tartar on medium-high speed until soft peaks form. Gradually add sugar, 1 tablespoon at a time, beating on high until stiff, glossy peaks form. Add vanilla and 1 tablespoon of the sanding sugar and beat just until incorporated.

Transfer meringue to a pastry bag fitted with a large star tip and pipe onto baking sheets covered with parchment, about 1 inch apart. Sprinkle remaining sanding sugar on top of each cookie. Bake for 90 minutes. Turn off heat and leave meringues in the oven for 1 additional hour or more to dry. Cool completely before removing from baking sheets.

