

Reduce by 2

ITALIAN MERINGUE

Good Choice Gluten Free

YIELD Approximately 1 lb. 7 oz. (690 g)

Granulated sugar	13 oz.	390 g
Glucose or corn syrup	2 oz.	60 g
Water	6 fl. oz.	180 ml
Egg whites, room temperature	8 oz. (8 whites)	240 g

MISE EN PLACE

- Bring egg whites to room temperature.

No stabilization of sugar necessary in a sauce pan cook the sugar, corn syrup and water until 116° turn egg whites on #3 high mixing and slowly add the hot syrup until stiff peaks bowl is no long warm.

- Place 12 ounces (360 grams) of the sugar in a heavy saucepan with the syrup and water. Attach a candy thermometer to the pan and bring the mixture to a boil over high heat.
- Place the egg whites in the clean, grease-free bowl of a mixer fitted with the whip attachment. As the temperature of the boiling syrup approaches 220°F (104°C) on a candy thermometer, begin whipping the egg whites on medium-to-high speed. When the whites form soft peaks, gradually add the remaining 1 ounce (30 grams) sugar to the egg whites. Reduce the mixer speed to medium and continue whipping.
- When the syrup reaches the soft ball stage (240°F/116°C) on a candy thermometer, remove it from the heat. With the mixer running at medium-to-high speed, pour the syrup into the whites in a steady stream between the side of the bowl and the beater. Once all the syrup is incorporated, whip 1 minute more at high speed, then reduce to medium speed and whip until the meringue is cool.

Approximate values per 1-oz. (30-g) serving: **Calories** 70, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 20 mg, **Total carbohydrates** 17 g, **Protein** 1 g, **Claims**—fat free; no cholesterol; low sodium; gluten free



1 Pouring sugar syrup into whipping egg whites.



2 Checking a properly whipped Italian meringue.

Safety Alert

Propane Torch

Training on the operation of a propane torch is recommended before using it to brown meringue or other dessert preparations. Use extreme caution and follow appropriate safety procedures. Keep the gas bottle away from sources of heat. Do not leave the torch unattended. Rest the bottle on a stable surface away from any flammable materials.