

Reduce by 4

GF Gluten Free

♥ Good Choice

SWISS MERINGUE

MISE EN PLACE

- Preheat oven to 200–210°F (90–99°C).
- Line sheet pans with parchment paper.

Place the egg whites and sugar in the same bowl that you will be using over the double boiler no need to weigh separately

YIELD 2 lb. 12 oz. (1320 g)

Egg whites, room temperature	1 lb. (16 whites)	480 g
Granulated sugar	28 oz.	840 g

- 1 Combine the egg whites and sugar in a clean, grease-free stainless steel bowl.
- 2 Place the bowl over a pan of barely simmering water and whip until the mixture reaches 100°F (38°C).
- 3 Remove from the heat and whip the mixture on medium speed until stiff.
- 4 Pipe or spread into desired shapes on parchment paper-lined sheet pans.
- 5 Bake at 200–210°F (90–99°C) 1½–2 hours, checking for doneness as for Common (French) Meringue.

Approximate values per 1-oz. (30-g) serving: **Calories** 70, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 15 mg, **Total carbohydrates** 18 g, **Protein** 1 g, **Claims**—fat free; no cholesterol; low sodium; gluten free