

ITALIAN MERINGUE



Preparation : 15 min - **Resting :** - - **Cooking :** 1-3 min - **Equipment :** piping bag

Ingredients : 6

- 180 g caster sugar - 3 tbsp water - 3 egg whites

1. Beat the egg whites for 5 minutes in the main bowl fitted with the whisk, remembering to remove the pusher first.
2. Meanwhile, dissolve the sugar in the water in a saucepan over a low heat. Increase the temperature to 119 °C, then remove from the heat.
3. Wait for 5 seconds, then pour this syrup onto the egg whites via the feedtube. Continue whisking for about 5 minutes.
4. Pipe or spoon the meringue on top of the lemon filling. Place under the grill of your oven for 1-3 minutes until it starts to turn golden. Take care not to leave it too long.
5. Keep in a cool place till ready to serve.

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