

French Meringues

Ingredients

4 egg whites

2 ¼ cups confectioners' sugar

½ tsp. vanilla, lemon, or other extracts (Optional)

This makes about 3 dozen or so

Bring eggs to room temperature and then separate the egg whites from the yolks. Make sure you don't get any yolk in your egg whites.

Place your egg whites in a metal container and whip at high speed using an electric mixer until the egg whites are foamy. I use a kitchen aid mixer.

Sprinkle in the sugar a little at a time on medium speed. Then increase the speed until the mixture becomes stiff and shiny like satin.

Transfer to a pastry bag with a round or star tip and place on a greased and floured baking sheet.

Bake with the oven door partially open in a pre-heated 200 degree oven for about 3 hours, or until the meringues are dry and can easily be removed from the baking pan.

If you want to add some flavor, you can use your favorite extract, but this requires ¼ cup more of the sugar. For example, if you wanted them lemon flavored, you would add ½ tsp. of lemon extract to the meringue when it begins to stiffen up. Then you could top or drizzle with lemon pie filling or lemon meringue pie filling. You can also use fresh fruit such as blueberries on top.