



Dessert

Common Meringue

Yield

Prep time: 15 minutes

Baking time:

Ingredients	Quantity		Method
	Metric	Imperial	
Egg whites (at room temp.)	500 g	1 lb.	In a stainless steel bowl, whip egg whites with lemon juice until the mixture is thick and foamy.
Lemon juice	few drops		
Fine granulated sugar	500 g	1 lb.	Continue whipping at high speed. Gradually add the granulated sugar and continue to whip the meringue at high speed until stiff peaks form*. Fold in the powdered sugar
Sifted confectioners sugar	500 g	1 lb.	
			Immediately pipe meringue and bake until dry.

*Do not over whip

Source: Culinary Institute of Canada

EggsPEI.ca