

Meringues Kisses

Ingredients

- 4 egg whites, at room temperature
- 1 cup (220g) caster sugar
- 1/2 teaspoon vanilla essence

Method

1. Preheat oven to 130°C. fan forced. Line two baking trays with non-stick baking paper.
2. Use an electric mixer to whisk egg whites until soft peaks form. Gradually add sugar, a tablespoon at a time, whisking well between each addition, until sugar dissolves.
3. Once all the sugar has been added, continue to whisk on high for 3 mins. Whisk in the vanilla essence.
4. Use two teaspoons to spoon meringue onto lined trays, or pipe with a pipping bag. Reduce the oven temperature to 90°C.
5. Bake for 8 to 10 minutes or until firm turn oven off and leave to cool in oven with door slightly ajar.