



faux meringues

Yields about 40 meringue kisses, 1 to 1.5 inches in diameter.

- 1 large egg white, room temperature
- 3/4 cup super-fine sugar
- 2 teaspoons cornstarch
- 1 teaspoon white vinegar
- 1/2 teaspoon vanilla extract
- 2 tablespoons boiling water

Mise en place - get organized. Read through the entire recipe before beginning. Measure out all of your ingredients. Running the sugar (after measuring) through a food processor or blender will help to eliminate some of the potential grit in these meringues. Meringues whip best in metal or glass bowls, which are clean and grease-free.

Line a large baking sheet with parchment paper. Preheat oven to 225°F.

In the bowl of a stand mixer fitted with the whisk attachment, on low speed, mix the egg white, sugar, cornstarch, vinegar and vanilla extract for about 10 seconds. With the mixer still running (be sure it's at low speed to avoid splash-back), add the 2 tablespoons boiling water and mix for about 20-30 seconds. Increase speed to medium, and beat for about 1 minute. Increase speed to medium-high and beat until stiff, shiny peaks form and the mixture feels less gritty, about 15 minutes. If using a hand-held mixer, this might take a little longer.

Pipe or spoon the meringue into small mounds on prepared baking sheet. I use a piping bag fitted with a Wilton 6B tip - a large French tip. Each piped kiss has about a tablespoon of meringue, and is about 1 inch in diameter.

Bake for about 1 hour if making small meringue kisses, and longer if meringues are larger. Check your meringues for doneness after about 45 minutes of baking time - it's best if you don't open the oven door before this. Test for doneness by breaking one open - meringues should be firm and crisp. Turn off oven and leave meringues inside until crisp, dry and completely cool - about 1 hour.

Remove from oven and carefully remove from parchment paper.