

Meringue with the thermomix

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5 min	5 min 120 min	5 min 120 min 125 min	5 min 120 min 125 min 4/10
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300g of sugar
4 egg whites
Salt

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Salt
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To avoid wasting your egg whites and to prepare a vacherin or a lemon meringue pie, to try making Italian meringue or Swiss meringues, here's an easy and delicious recipe for Thermomix meringue :

Preheat your oven to 120°C (248°F)

Preparation of Thermomix meringue :

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Place the egg whites and 150g of caster sugar in the Thermomix bowl (Do not include any egg yolks, otherwise your Thermomix meringue will definitely fail).

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Add a pinch of salt.

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Attach the whisk to the Thermomix bowl and beat for 5 minutes on speed 4, gradually increasing the speed during the first minute.

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Then, add the remaining sugar and mix for 1 minute on speed 2.

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Place a sheet of parchment paper on your baking tray.

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Using a pastry bag, pipe the meringues onto the tray, leaving enough space between them. You can shape them however you like: zig-zag, balls, bears, or any other shape.

Baking the Thermomix meringue :

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Bake for 25 minutes.

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Then, reduce the oven temperature to 100°C (212°F) and bake for an additional 1 hour.

Allow your Thermomix meringues to cool completely before enjoying this delicious Thermomix recipe. Yum ;)