

# Cranberry Meringue

*Chef Denise Marchessault*

*"British Columbia from Scratch: Recipes for Every Season"*

## Servings: 10

### CRANBERRY PUREE'

*6 ounces fresh or frozen cranberries, thawed*

*6 tablespoons granulated sugar*

### INGREDIENTS

*1/4 cup cranberry puree' or strawberry jam*

*4 large egg whites, at room temperature with no traces of yolk*

*1 cup granulated sugar*

*1 1/2 teaspoons cornstarch*

*1/2 teaspoon white vinegar*

Make the Cranberry Puree': In a blender or food processor, puree' the cranberries until smooth. Pour the puree' through a fine-mesh strainer into a small saucepan, using the back of a ladle or large spoon to press the solids against the strainer, extracting as much liquid as possible.

Heat the puree' over medium heat with the sugar. Reduce until the mixture is thick enough to coat the back of a spoon. Set aside 1/4 cup for the meringue. (Use any leftover puree' as a topping for ice cream or to swirl into puddings, muffins, loaves, pancakes or cookies.)

You will need a baking sheet lined with parchment. A pastry bag is handy for portioning the meringue but not essential.

Preheat the oven to 350 degrees.

To keep the meringue uniform, draw circles onto the parchment lined baking sheet, using a teacup as a template, with two inches of space between each circle. Turn the parchment over and use as a guide when spooning or piping the meringue onto your tray.

In a meticulously clean bowl, whisk the egg whites at medium speed for about 1 minute or until a network of tiny bubbles have formed. Gradually add the sugar and increase the speed to high. Whip until the whites have expanded and formed billowy, firm glossy peaks. Be mindful not to over-whip, otherwise the whites will turn grainy and lose their shape. Reduce the speed to low. Add the cornstarch and vinegar until just blended.

If using a pastry bag, spoon the meringue into a pastry bag fitted with a 3/4-inch tip. Pipe or spoon the meringue onto the prepared tray, using the template as a guide. Dip a butter knife into a bit of cranberry puree' or jam and gently drag the puree' around the unbaked meringue to create a marbled effect.

Bake for about one hour on a rack in the lower third of the oven or until the meringues are dry. Turn the heat off. Leave the meringues in the oven until they cool. The meringues will crack slightly. Store in an airtight container in a cool dry place.

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Per Serving (excluding unknown items): 115 Calories; trace Fat (0.0% calories from fat); 1g Protein; 28g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Other Carbohydrates.

