

Italian Meringue

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Yield: 4 cups

4 large egg whites, room temperature

1/2 teaspoon cream of tartar

1 1/4 cups granulated sugar

1 teaspoon vanilla extract

Place the egg whites in the bowl of a standing mixture fitted with a whisk attachment.

In a heavy-bottomed saucepan, combine the cream of tartar, one cup of the sugar, and one-quarter cup of water. Place over medium-high heat. Cook until the syrup registers 245 degrees on a candy thermometer.

While the syrup is cooking, whip the egg whites to soft peaks. Gradually add the remaining one-quarter cup of sugar and whip to soft peaks.

When the syrup reaches the correct temperature, turn the mixer to medium high and slowly pour the syrup down the side of the bowl (avoiding the whisk) into the meringue. Beat for 1 to 2 minutes. Lower the speed to medium and mix until the meringue is cooled, 6 to 8 minutes. Mix in the vanilla extract.

(Use the meringue to top a pie or for baked Alaska. Or bake into meringue cookies.)

Per Serving (excluding unknown items): 1051 Calories; 0g Fat (0.0% calories from fat); 14g Protein; 253g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 222mg Sodium. Exchanges: 2 Lean Meat; 0 Fruit; 17 Other Carbohydrates.