

# CRUNCH TIME

## EGG Whites



### INGREDIENTS:

4 Eggs  
220g Caster sugar  
"Prepared earlier" completed meringue mixture, uncooked  
"Prepared earlier" cooked meringues

### EQUIPMENT:

2 small bowls  
Bench top mixer with whisk attachment  
Spoon  
Baking tray  
Non-stick baking paper  
Spatula  
Piping bag with star shaped nozzle  
Oven mitts  
Plate



## METHOD:

1. Separate eggs and set aside egg yolks
2. Place the egg whites in the bowl of the bench top mixer and beat until the eggs are foamy
3. Add the sugar, a tablespoon at a time, and continue to beat on high.
4. Take the "prepared earlier" completed meringue mixture.
5. Spoon meringue into piping bag
6. Pipe meringue kisses and circular disc shapes, approximately 5cm diameter, on the greased and lined baking tray.
7. Bake for 50 minutes in the preheated oven at 120°C
8. Once cooked, leave in the oven, turned off, for 2-3 hours to dry out
9. Take "prepared earlier" cooked meringues and place on plate.

## ADDITIONAL NOTES:

"Prepared earlier" completed meringue mixture, uncooked  
"Prepared earlier" cooked meringues



[crunch-time.tv](http://crunch-time.tv)