

# Italian Meringue

*Swick*

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

## Chef's Notes

When making a small amount of sugar syrup, it is important to use a small pot. If you use a large pot, it will be too difficult to obtain an accurate thermometer reading if the syrup is spread too thin over the bottom of the pot. By using a smaller pot, you can better control and monitor the temperature to make sure you take the syrup off the heat as soon as it reaches 240° F.)

Some other helpful notes about making Italian meringue:

- Slightly older egg whites will whip up higher than fresh ones.
- Separate the eggs one at a time and then add them to the mixing bowl. If you run across a bad egg, or happen to break the yolk, you won't ruin the rest of the egg whites.
- Make sure all of your equipment is squeaky clean. If there is any trace of fat or dirt, the egg whites won't whip up to their maximum potential.

## Step 1: Cooking the Sugar

- 1 cup granulated sugar
- 1/3 cup water
- 4 tsp light corn syrup

\*Before starting, make sure the egg whites are at room temperature.

In a small pot (see notes), cook the sugar, water and corn syrup until it reaches the soft ball stage (240° F or 115° C).

While the sugar is cooking, set up the mixer and egg whites.

## Step 2: Starting the Meringue

- 4 large egg whites, room temperature

Place the room-temperature egg whites into the bowl of an electric mixer. Attach the wire whisk to the mixer.

Just as the sugar mixture reaches 240° F (or 115° C), turn the mixer on high speed.

As the eggs whip, pour the hot sugar syrup in a slow, steady stream along the side of the bowl. Make sure to not pour the syrup onto the wire whisk. This will cause the syrup to splatter and cause lumps.

## Step 3: Whipping the Meringue

Once all of the sugar syrup has been added, continue to whip the meringue until it has cooled completely and has formed stiff peaks.

## Step 4: Using the Meringue

Once the meringue has formed stiff peaks, pipe or use immediately for your dessert.