

The italian meringue



Serves :

-



Prep :

25 min.



Rest :

Freezing : -
Refrigeration : -



Cook :

Temperature : 241-245°F
Time : 10 min.

Special equipment

- Cooking thermometer

List of recipes

- ✓ Syrup
- ✓ Whipped egg whites
- ✓ Italian meringue



Steps

- 🌀 **Preparation of ingredients**
- 🌀 **Making of the syrup (116-118°C/241-245°F)**
- 🌀 **Whipping the egg whites**
- 🌀 **Incorporating sugar into the egg whites**
- 🌀 **Continuing to whip the egg whites for 10-15 minutes.**

Ingredients

- ☑ 160 + 20 g ~ Superfine sugar
- ☑ 44 g ~ Water
- ☑ 17 g ~ Brown sugar
- ☑ 100 g ~ Egg whites (x3-4) (tempered)

The italian meringue

- Prepare 100g of tempered egg whites in the bowl of a stand mixer.
- In a saucepan over medium heat, cook :
 - 160 g of superfine sugar
 - 44 g of water.
- You need to reach a temperature of 116-118°C/241-245°F.
- Meanwhile, when the temperature reaches 100°C/212°F, beat the egg whites using your stand mixer (increase the speed gradually).
- Slowly add the sugar mixture (made up of 20g of egg whites and 17g of brown sugar) to the egg whites.
- When the sugar mixture reaches 116-118°C/241-245°F, remove the saucepan from the heat and wait a few seconds for the sugar to stop bubbling. (This is just for safety to reduce the risk of splashing.)
- Pour the sugar mixture slowly into the stiff egg whites, then beat at high speed until completely cooled (10-15 minutes)).
- The meringue is ready when it becomes satin-like and forms a beautiful "bird's beak".



Tips

❖ For a lemon tart :

Replace the 44g of water with 22g of water + 22g of lemon juice.

This will give a subtle lemon flavor to your meringue.

❖ Why brown sugar ?

Using brown sugar will reduce the risk of the meringue becoming grainy.