

## Meringue Bowls

Recipe from Jean Timmerman

Makes 6-8 Meringues or one large Pavolova

### Ingredients

3 egg whites

3/8 teaspoon cream of tartar (1/8 teaspoon per egg white)

6 Tablespoons of sugar (2 tablespoons per egg white )

Before beginning the meringues, cut a brown paper bag to cover the bottom of a cookie tray (or two, depending on how many you will be making). Draw circles the size you want your meringues to be. The trick is to make the sides plenty high, bottom not too thin.

Use a clean, dry bowl. The bowl must be grease-free, because any trace amount of fat will wreck a meringue. Plastic bowls may appear clean, but may still have trace amounts of oil, so do not use them.

Cold eggs separate easily, but eggs whip to a higher volume when at room temperature. The solution is to separate the cold eggs, and then set them aside for 30 minutes.

Separate each egg into two small bowls, one for the white and one for the yolk, and then add the white portion to the larger bowl. This allows you to reserve any with broken yolks for another purpose. Even a small amount of yolk can deflate the egg whites, so be careful.



**Meringue with just fruit**



**Pavolova**

Add cream of tartar to the unbeaten egg whites. Whip to soft peaks. Beat in 2 tablespoons white sugar per egg white. Continue to beat until egg whites are glossy and hold a firm peak. Adding sugar early in the beating process results in a firmer, finer-textured meringue.

Spoon meringue onto circles forming bowl. Bake at 250 for one hour. Turn oven off and let them stand for 90 minutes

To make a Pavolova beat rich whip and place in meringue bowl and top with fruit. Can fill with anything you want they are pretty and elegant.

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