

Meringue Cookies

Makes about 48

½ cup egg whites (about 4 large eggs)
1-cup (200 grams) sugar
¼ tsp. vanilla extract
1 cup (125 grams) chopped nuts

Heat your oven to 250 F (120 C). Line a large baking sheet with parchment paper or the inside of a paper grocery bag.

Place the egg whites and the sugar in a bowl and place it inside a pot with a steamer. Start mixing the egg whites and sugar constantly until they are incorporated. After that, stir often until the mixture resembles thick syrup. This will take time so be patient.

Remove the egg whites from the heat and start beating them on high. Beat them until they are very stiff – when you lift your beaters the meringue should not fall off. This will take a good 5 minutes of beating.

Fold in the nuts and the vanilla extract. Start spooning the meringue onto the pan with two teaspoons. Shape them so they have a little swirl top. Leave enough space between the cookies, as they will grow a little bit.

Place the tray in the oven and bake them from 30 to 40 minutes – the type of oven will determine the amount of time. Turn off the oven as soon as the meringue forms a hard shell and starts browning (very lightly). Leave the meringue in the turned off oven until it cools down completely. This will allow them to dry up in the middle.

Remove from the oven and cool down completely. Store your meringue cookies in a sealed container for up to two weeks.

Note – you can use this meringue to make disks for cakes or baskets as well. Omit the vanilla if the filling will have some and omit the nuts. Draw the circles on the parchment paper and pipe it on. For disc pipe it in an even layer. For baskets pipe the bottom and the sides. Bake in the same manner.