

Rosewater & Raspberry Meringues



Preparation time: 190 mins

Serves: 6 people

User Rating: ★★☆☆☆

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When it comes to the perfect dessert can it get any better than meringue? The answer is yes! Introducing rosewater and raspberry meringue. Here's your foolproof meringue recipe with a sweet twist – to repeat time and time again.

You can finally say goodbye to store bought meringues because these sweet bites will have your taste buds dancing.

Quick to whip up and simple to prep, these meringue are the perfect bite size desserts.



Ingredients

Rosewater Meringues

- 6 egg whites
- ½ tsp cream of tartar

- 2 tsp rosewater
- 1 ½ cups (330g) caster sugar
- Red food colouring
- Whipped cream, coulis and berries to serve

Raspberry Coulis
(makes approx. ½ cup)

- 125g punnet fresh raspberries
- 1 tbsp caster sugar

Method

1. Preheat oven to 100°C (fan-forced). Grease and line two large baking trays with baking paper.
2. Using a stand mixer fitted with a whisk attachment, beat egg whites, cream of tartar and rosewater on medium-high speed until foamy. Continue beating, adding the sugar 1 tbsp at a time, until mixture holds stiff peaks. This should take 8-10 minutes. Continue beating for a further 1-2 minutes or until sugar has dissolved.
3. Using a large metal spoon, dollop meringue mixture onto prepared trays to make 6 large mounds. Use a tablespoon to shape the meringues using a swirling motion.
4. Dip a wooden skewer into food colouring and gently swirl pink dye into each meringue to create a marble effect. Bake for 2 hours, or until crisp. Turn off oven. Cool meringues completely in oven, with door ajar.
5. To serve, dollop with whipped cream and top with coulis and extra berries.

Coulis

1. To make the coulis, process raspberries and sugar until smooth. Set aside for serving.

Notes

- Choose 1 dozen egg cartons with a total weight of 700g. This will ensure you are using the correct sized (59-60g) eggs.
- To check that sugar has completely dissolved, rub a small amount of meringue between thumb and forefinger. Mixture should be smooth and not grainy.
- Coulis can be made ahead of time. Refrigerate, covered, for up to 3 days.
- Meringues should be crisp on the outside with a soft centre.
- Store in an airtight container for up to 2-3 days.
- Store away from other meringues.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
137g	1370 kj 327 kcal	4.1g	7.1g	4.5g	60.2g	60.1g	60mg	11.7g

All nutrition values are per serve.