

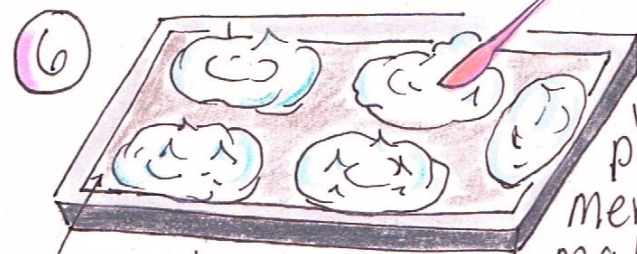
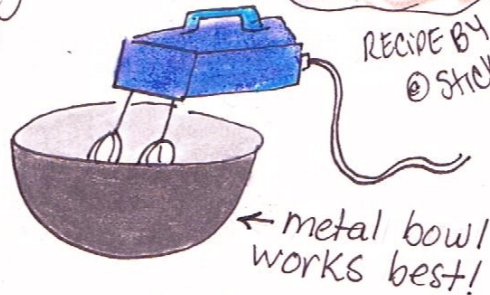
Meringue Merriment

makes 10 meringue shells



RECIPE BY KELLIE KARAVIAS
© STICK A FORK IN IT

- ① Pre heat oven to 170° degrees. (4-inch to 5-inch rounds)
- ② In a bowl beat 4 egg whites until foamy and frothy.
- ③ Add 1/4 teaspoon of cream of tartar and 1 pinch of salt beat to mix thoroughly.
- ④ Sprinkle in 1/2 cup of sugar 1 Tablespoon at a time and beat after every Tablespoon dissolving the sugar.
- ⑤ Add 1 teaspoon of vanilla, beat until the mixture is stiff and glossy.



ON a cookie sheet lined with parchment paper make 5 large dollops of meringue. Use a spoon to shape and make a small indentation in the middle.

Parchment Paper

Bake at 170°F for 2 hours. Turn off the heat and let meringues sit in the oven overnight or at least 2 hours. DO NOT OPEN THE OVEN! (makes 2 pans)



- ⑦ Your shells are ready to fill or eat plain. Add your favorite ice cream, toppings like hot fudge, nuts, raspberry sauce or whipped cream. Add a sugar cube soaked in an extract that has alcohol like rum extract. SET cube on fire! Enjoy a MERRY mouthful of deliciousness.

