



Minute Microwave Meringues

Equipment

Scale

Whisk

Mixing bowl

Microwave

What to do

Task 1 : Make meringue

Sift 300g of icing sugar over 1 lightly beaten egg white. Stir until the mixture is a thick, pliable icing and roll into balls. Line a plate with kitchen paper.

Task 2 : Bake

Put 3 balls at a time on the plate and microwave them on high for 50 – 60 seconds – and watch, in amazement, as the balls balloon and puff into meringues.

Ingredients

300g icing sugar

1 lightly beaten egg white

Task 3 : Serve

Let them cool before use. They're perfect for sandwiching together with whipped cream and sliced strawberries.



Source: bbcgoodfood.com