

Meringue Cookies

Ingredients:

- 3 large egg whites (room temperature)
- ¼ tsp cream of tartar
- ¼ tsp pure vanilla extract
- ¾ cup superfine or caster sugar
- Food coloring (optional)



Directions:

- Beat the egg whites with an electric mixer on low-medium speed until foamy. Add the cream of tartar and continue to beat the whites until they hold soft peaks.
- Add the sugar a little at a time, and continue to beat until the meringue holds very stiff peaks. Beat in the vanilla extract.
- If you would like to color the meringues, separate the beaten egg white mixture into several bowls and tint each bowl using several drops of food coloring until the desired shade is reached.
- Preheat oven to 200 degrees F and place the rack in the center of the oven. Line a baking sheet with parchment paper and place a small drop of meringue under each corner to prevent the paper from sliding.
- Use two spoons to spoon the meringue onto the prepared baking tray.
- Bake the meringues for approximately 1 ½ to 1 ¾ hours, rotating the baking sheet from front to back (about halfway through) to ensure even baking. The meringues are done when they are fairly crisp.
- Turn off the oven, open the door a crack, and leave the meringues in the oven to finish drying overnight.

Tips:

- If you don't have caster sugar, process granulated sugar in a food processor for 30 seconds
- If the meringues start to brown, lower the temperature about 25 F
- On a rainy or humid day, you may have to bake the meringues up to 30 minutes longer
- Do not open the oven door during the first half of baking in order to prevent cracking