



Seasonal and Local Recipes

Tayport Community Growing Space

<http://tayportplantgardens.wordpress.com/>

September

Easy Meringues by Margaret

A reminder that meringues are only dried out, not baked...

Egg yolks can be used for ice cream and egg shells ground up finely to add calcium to chicken feed. No waste!

Gluten-free

Ingredients:

10	Egg whites (eggs from Tayport hens)
400g	Caster sugar
Small carton	Double cream
1 tbsp	Icing sugar
½ tsp	Vanilla extract

Directions:

- Whisk egg whites to stiff peaks, add tbsp sugar whilst whisk is still going and sugar is thoroughly into mixture. Continue till all sugar is added.
- Spoon meringue onto grease proof paper or silicone sheet and dry out in the coolest possible oven temp. Aga users, coolest oven with door open overnight.
- Timing depends on whether you want a softer centre or dried throughout.
- Beat cream, add icing sugar and 1/2 teaspoon of vanilla extract for Chantilly cream before assembling finished meringue.
- Enjoy!

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