



Easter Meringues



Ingredients

- 1 cup pecan nuts
- 3 egg whites
- 1 cup sugar
- pinch of salt
- 1 tsp vinegar

Equipment

- wooden spoon
- zipper bag
- baking parchment
- rolling pin

Some ingredients in this recipe are symbolic in The Easter Story.

Vinegar: what Christ was offered to drink

Salt: Jesus' salty tears

Method

1. Preheat your oven to 150 °C/ 300 °F .
2. Put your pecans into the zipper bag and bash with a rolling pin until they are all broken and small.
3. Put your 3 egg whites and a pinch of salt into a bowl. Start by whisking gently and then faster until soft peaks form and it should be stiff. This should take around 2-3 minutes. An electric mixer may be best for this.
4. Slowly add the sugar to the mixture and continue whisking for a few more minutes, then add the vinegar. Increase your whipping speed to high until the mixture becomes stiff and glossy. This should take around 4 - 5 minutes.
5. You should now be able to make peaks in it. Fold in your pecan pieces. You need to do this gently with a wooden spoon.
6. Now drop the mixture onto an oven tray lined with baking parchment with your spoon. Make sure there is enough space around each meringue to expand! Put your meringues into the 150°C oven and turn it off. You will now need to leave them overnight. Wait....
7. ... and you should have beautiful, crispy meringues by morning! They are delicious on their own or eaten with fruit or squirty cream!