

# Get your Bake On: Swirl Meringues

Meringues.

Fluffy, chewy, crispy little morsels of deliciousness. I love the things...possibly a bit too much!

I made these swirled meringues the other day to adorn the top of a birthday cake I made for a friend and everyone seemed to respond well to them and said they looked pretty good. So, I thought I would share my 'how to' with you in the form of a video tutorial.

I kid you not folks, this recipe is idiot proof. So idiot proof even I have managed to make them look acceptable.

If you have a bake sale coming up, why not give these bad boys a whirl. They'll catch everyones eye and they taste great too!

Happy swirling!

(Oh, and if you like what you see and you fancy giving my YouTube channel a like, I would really appreciate it!)

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## Recipe notes

### Ingredients:

4 egg whites

115g Caster Sugar

115g Icing Sugar

## **Cook/Prep time:**

20 minutes prep.

1hr 30min bake.

2hr cooling.

Oven temperature: 100'c (fan)

## **Yield:**

Approximately 12 large meringue cookies, or a mixture of large round ones and small droplet ones.

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**[Get your Bake on: Purple Fruit Rippled Meringues \(using an Ella's Kitchen Fruit Pouch\)](#)**

## **Purple Fruit Rippled Meringues**

**(using an Ella's Kitchen Fruit Pouch)**



I have been meaning to make some large, individual meringues for a while now, but I just don't seem to have the time. Today, however, I have been quite productive (no idea why, I must be coming down with something) and managed to make some.

I keep seeing delicious rippled meringues in the shops and they look so amazing that I had to have a go. Mine are definitely 'rustic' and home-made, but that's half of their charm, right?! ☐

These aren't your traditional rippled meringues using fruit you puree you made yourself, however. For these ones, I used

an [Ella's Kitchen, 'The Purple One'](#) Pouch to ripple through the meringue which makes for a nice change and also gives the meringues a bit of a jammy texture in places which I really like. Who doesn't love a sticky, chewy meringue?!

Sorry toddlers, but the Ella's Pouches are mine now, hand them over...

So, without further ado, here is the recipe!

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## Ingredients

(makes approximately 5 large meringues)

(Prep time – 15 minutes)

(Baking Time – 2 hours 20 minutes)



1 [Ella's Kitchen, 'The Purple One' Pouch](#)

15g Icing Sugar, sifted

295g Caster Sugar

5 Large Egg Whites (Please don't bin the yolks – why not make some homemade Custard or Mayo?!) )

Fresh Fruit of your choice and Cream to serve

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# Method

- 1 – Turn the oven on and pre-heat to 180’c and place some Grease-proof paper on a couple of large baking sheets.
  - 2 – Place the contents of the Ella’s Kitchen Pouch into a small bowl and add the 15g of sifted icing sugar. Stir well.
  - 3 – Place the egg whites in a bowl and, using a hand or stand mixer, whisk until stiff peaks form.
  - 4 – Gradually add a tablespoon of sugar at a time until all the sugar is incorporated. The mixture should be very thick and glossy, and stand in peaks on it’s own, once ready.
  - 5 – Spoon large mounds of Meringue Mixture onto your baking sheets (I would say about the rough size of a saucer) until all the mixture has been used up. Ensure you leave a little growing room around each meringue mound, about 4cm should do it.
  - 6 – Drizzle a tablespoon of the Ella’s kitchen and icing sugar mixture gently onto the top of each meringue and, using a skewer or cocktail stick, swirl it into each meringue mound.  
Do not fold it in or your Meringues will collapse.
  - 7 – Place in the oven to bake/dry out for 2 hours 20 minutes – ***IMMEDIATELY TURN YOUR OVEN DOWN TO 110’c*** as you place them in there.
  - 8 – Turn the oven off and leave inside to cool down.
  - 9 – Once cool, remove from the oven and serve as you wish, but some fresh berries and some whipped double cream (with a bit of vanilla stirred through) would do the job nicely in my book!
- \*These should keep well for a couple of days in an airtight container. The perfect make ahead, hassle free pudding for

when you're entertaining!\*



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If you have a go at this recipe, do share it with me over on my [Facebook](#) page (you can give me a like while you're there too if you fancy it, I'm very friendly...and only a little bit bonkers) or over on my [Instagram](#) by tagging me @lifeisknutts.

You can find more of my recipes in my, ['Not quite Mary Berry'](#) series, by clicking here.

Happy Baking!

Gems . x

