



# toasted meringue

## by chef judy wood



Eggs aren't just for savoury recipes! Meringues are a delightful way to use Alberta eggs, and since you only need the egg whites to make this recipe, you can use the yolks to make another delicious dish. Two for one! Not sure what to do with the leftover yolks? Check out [eggs.ab.ca/recipes](https://eggs.ab.ca/recipes) for some egg-spiration or toss them in the freezer for later!

**Tip:** When measuring out your egg whites, make sure that you don't have any egg yolk mixed in with the whites. Even a tiny bit will result in batter, and not the fluffy white peaks you want!

## ingredients

### Meringue

120 g egg whites (30 grams each)  
¼ tsp salt  
½ tsp cream of tartar  
200 g sugar  
1 tsp vanilla

### Optional Filling

1 ¼ cups chilled whipping cream  
2 Tbsp sugar  
2 Tbsp Irish whiskey  
2 tsp. instant espresso powder

Chocolate for garnish

**Yield: 60 meringues**



@chefjudywood

*After receiving her "Grand Diplome" from the famed L'école de Cuisine La Varenne in Paris, France, Chef Judy began her career in the culinary arts at the Four Seasons Hotel in Calgary before heading to Toronto and then back to Calgary to join the Sunterra Food group as Executive Chef and Creative Director of "all things food." In 1998, she became Founder and Executive Chef of the successful Savoury Cafe and Catering. For 13 years Chef Judy Wood was the Saturday Morning Chef on Global Calgary's Saturday Morning News.*

*More recently, Chef Judy has focused her efforts on Meez Cuisine and Catering, and in 2020, she took on a new challenge in Calgary's historic Lougheed House where the 30-seat room offers a lovely view of Beaulieu Gardens and allows her to develop a rapport with the people she's feeding.*



1 Preheat oven to 350F. Line 2 heavy baking sheets with parchment paper.

2 Using a mixer, beat egg whites, salt & tartar in a medium bowl until medium-stiff peaks form. Add the sugar to the egg whites slowly on a medium low speed. Once it's added, beat on high until stiff peaks form. Then add the vanilla until it's incorporated.

3 Place the meringue into a piping bag with a medium size star tip. If you don't have one, just drop meringue with rounded tablespoonfuls onto prepared baking sheets, spacing evenly.

4 Place the meringue into the oven for 10 minutes, then drop the temperature to 250F and cook for another 2 hours. Alternatively, place the meringue into the oven and turn it off and let it sit overnight.

5 Once the meringues come out of the oven, use a culinary torch to toast them gently. If you don't have a torch, place the cooked meringue into a 425F oven for 1 minute. Let them cool, and then they are ready to eat!

### To make the filling:

6 Beat 1 cup whipping cream in medium bowl to medium-firm peaks. Add sugar, Irish Whiskey and instant espresso powder and beat until firm peaks form.

7 Beat remaining ¼ cup whipping cream in a small bowl until firm peaks form.

8 Spoon small dollop of cream atop each meringue. Garnish each with chocolate chunks if desired.



*Calgary's iconic Chef Judy Wood of Meez Cuisine has opened a gourmet restaurant in the cozy ambiance of the Lougheed House Victorian mansion. Dine on Chef Judy's classic "French comfort food," flavourful creations made from locally sourced & sustainably produced ingredients. Everything is fresh and delicious, and it won't break the bank.*

*"With the history of the Lougheed House and their ties to Alberta, it only makes sense to support local farmers and use Alberta ingredients in our menus. When it's local, you often don't have to do a lot to make it taste great too! It supports my simple cooking with high quality, fresh ingredients." - Chef Judy Wood*

[lougheedhouse.com/restaurant](https://lougheedhouse.com/restaurant)