

Of Proteins and Meringue

Ingredients and equipment

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| ■ 4 egg whites | ■ A whisking bowl |
| ■ 1 cup sugar | ■ An egg beater |
| ■ Pinch of salt | ■ Kitchen scales |

The experiment

Whisking the egg whites with sugar

1. Weigh two egg whites and place in a clean bowl.
2. Weigh sugar in an amount double that of the egg whites.
3. Start whisking the egg whites at low speed with a pinch of salt, using either a manual whisk or a mixer.
4. When foam starts to form, increase the whipping speed and gradually add the sugar.
5. Continue to whisk for another five minutes, until a glossy and very thick white foam is formed, with stiff peaks that hold their shape.
* If you do not have kitchen scales, use 2 egg whites and half the amount of sugar in the recipe (half a cup).

Whisking the egg whites without sugar

1. Whisk the proteins according to the instructions.
2. Place 2 egg whites in a clean bowl.
3. Start whisking the egg whites at a low speed with a pinch of salt, using either a manual or an electric whisk.
4. When foam starts to form, increase the whipping speed, but this time – do not add sugar.
5. Continue to whisk for another five minutes, until a white foam is formed, with stiff peaks that hold their shape.

Want to turn the foam into meringue kisses?

1. Drizzle the foam, using a spoon or a pastry bag, onto a large baking pan lined with parchment paper or lightly greased with butter. The kisses can be in any size and shape of your choice.
2. Bake the meringue kisses for about three hours at 110°C.
3. Turn off the oven and leave the meringue kisses to cool completely inside, do not open the oven.
4. Once cooled, remove the meringue kisses from the oven and carefully peel them off the parchment paper.