

Swiss Meringue

1# Egg whites – use fresh egg whites, no plastic or egg yolks

2# Sugar

1 tsp Cream of tartar

1. Place egg white and sugar in a clean bowl. Heat over a water bath (water should not boil) stirring with a wire whip until sugar granules are completely dissolved. Do not allow egg whites to cook on the edges.
2. When the sugar is dissolved, add the cream of tartar and whip on high speed to a firm peak meringue.