

**Meringue Cookies**



**Ingredients (per pair)**

2 egg whites

1/8 tsp salt

1/8 tsp cream of tartar

1 tsp vanilla essence

¾ cup sugar

Food colourings (optional)

**Method**

1. Preheat oven to 150.
2. Beat egg whites in large bowl with electric mixer on medium speed until frothy. Add salt, cream of tartar; beat until soft peaks form.
3. Increase speed to medium-high. Add sugar, 1 tablespoon at a time, beating until sugar is dissolved and stiff peaks form.
4. Beat in vanilla essence.
5. Place meringue in separate small bowls. Add drops of food colouring of your choice and mix well gently.
6. Drop small teaspoonfuls on a lined baking tray.
7. Bake for 25 - 30 minutes. Leave the oven door ajar and allow meringue cookies to cool in the oven.

**Learning Intention**

**To know the difference between frothy, soft peaks & stiff peaks when beating eggs.**

1. Why is cream of tartar added to the egg whites when frothy?
2. Why must the sugar be dissolved in the egg?
3. Why are the cookies left in the oven with the door open to cool?