LIGHT & SWEET

Rosewater Meringue Clouds

PREP	COOK	SERVES
20 min	1 h 15 min	6 (12 meringues)

Vegetarian

Crisp rose-scented meringues with a soft, chewy centre.

Ingredients

- 3 large egg whites (about 100 g), at room temperature
- 200 g caster sugar
- 1 pinch of salt
- 1 tsp cornflour
- 1 tsp white wine vinegar
- ½ to 1 tsp rosewater (start with less)
- To serve: 250 ml softly whipped cream, fresh berries, dried rose petals or chopped pistachios

Method

1. Heat the oven to 100°C (90°C fan). Line a large baking tray with baking paper.
2. Whisk the egg whites with the salt in a very clean bowl until soft peaks form.
3. Add the sugar one tablespoon at a time, whisking well after each. Keep going for 8 to 10 minutes, until the mixture is thick, glossy and does not feel gritty when rubbed between your fingers.
4. Sift in the cornflour, add the vinegar and rosewater and fold gently.
5. Spoon or pipe 12 clouds onto the tray, making a small dip in the middle of each.
6. Bake for 1 hour 15 minutes, until crisp and dry on the outside. Turn off the oven and leave the meringues inside with the door shut for 1 hour to cool.
7. Top with whipped cream, berries and rose petals just before serving.

Cook's tip

Rosewater is strong. Start with half a teaspoon, taste the raw meringue, and add more only if you want it. Make sure the bowl is completely free of grease, or the whites will not whip.