



SCHOOL OF CULINARY
AND HOME ARTS

Lismullin Hospitality Services Centre

American Meringue

(Serves 4)

Ingredients:

Meringue base

4	Egg whites
226 g	Caster sugar

Filling

2	Egg yolks from above
56 g	Caster sugar
1 Level tsp	Cornflour
7 fl. oz.	Milk

Directions

1. **Meringue** - Beat the egg whites till stiff but not yet at peak stage, then slowly add in HALF the caster sugar while still beating egg whites until they reach stiff peak stage.
2. Meanwhile put rest of sugar into a thick bottomed pan to caramelize, then pour this into the eggs whisking all the while.
3. Pour into a very lightly oiled ring mould and bake for approx. 20 mins at 150C
4. **Filling** - Heat the milk.
5. Mix cornflour, eggs, and sugar in a bowl, and pour the hot milk over mix, then return to cleaned saucepan and bring to boil stirring all time until thick.
6. Allow to cool and pour into the centre of the meringue ring and serve.

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