



Lemon Meringues

Makes: 45 stars and 40 kisses
Prep Time: 10 minutes
Bake Time: 1 hour 10 minutes
Total Time: 1 hour 20 minutes

Ingredients

- 4 egg whites, at room temperature
- 1/8 tsp kosher salt
- 3/4 cup sugar
- 3/4 cup confectioners sugar, sifted
- zest of 1 lemon
- 1 tsp lemon juice

Instructions

Preheat oven to 200°F. Line 2 sheet pans with parchment paper trimmed to fit the inside of the pan. Prepare a large 18-inch piping bag fitted with a Wilton 1M star tip. Place bag upside down in a tall jar or glass and fold piping bag backwards. Set aside.

In the bowl of an electric stand mixer fitted with a whisk, beat egg whites and salt on medium speed until soft peaks form, about 2 to 3 minutes. Add sugar in 2 tablespoon increments on slow speed. Sugar should be incorporated slowly to reduce gritty texture. Scrape side of bowl with rubber spatula as needed. Begin to increase speed to medium for 1 to 2 minutes.

Add lemon zest and lemon juice; increase speed to high and beat until firm. Reduce speed and add confectioners sugar in 3 batches. Scrape sides of bowl and beat on high speed for 5 minutes. Batter should be shiny and glossy. Test for doneness by removing whisk and batter should have a long nose like a birds beak.

Remove the piping bag from the jar and hold with one hand; transfer meringue with a rubber spatula. Carefully fold the bag upwards after filling and tie with a rubber icing bag tie or use butchers twine. Twist the bag to create pressure.

Press a small amount of meringue under each corner of parchment paper so it will stick to the sheet pan. This will also remove any excess air before starting to pipe the meringue stars and kisses.

Use a separate sheet pan for kisses and stars as they will have different baking times. Starting with the little stars, place tip vertically down on parchment paper and press for 2 seconds, begin to pull up slowly and reduce hand pressure as you pull up. The star should be approximately the diameter of a large blueberry. Try practicing on a separate piece of parchment paper until you create consistent sizes. The practice stars can be scraped up with a rubber spatula and put back into the piping bag. At minimum make 30 stars, but I suggest to make 45 stars.

Bake for 30 minutes. Remove and place on a cooling rack. Center may seem too loose but overnight they will dry to create a chewy center. If there is a problem with consistency or creating a chewy center a common issue is humidity. Baking meringues on dry weather days should ensure success.

To make kisses, pipe the meringue in a 1-inch circle pressing firmly and evenly. Continue to coil around and create a swirl by finishing in the center; decrease pressure as you lift the tip. Piping even sized meringue kisses will make your cake look more uniform and make it easier to cut. Bake minimum of 26 meringues kisses, but suggest to make 40.

Finish balance of meringue batter in any shape of your choice. Bake for 40 minutes. Remove and place on cooling rack. Dry overnight on counter.

Chef's Note:

You can substitute homemade meringues with store bought and use frosting to represent the stars.

Recipe from Judy Kim NYC