

DESSERTS (PASTRY AND PIES) No.I 005 00
MERINGUE

Yield 100

Portion 2-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
401 cal	93 g	9 g	0 g	0 mg	406 mg	6 mg

Ingredient

EGG WHITES
 SUGAR,GRANULATED
 SALT
 EXTRACT,VANILLA

Weight

2-3/8 lbs
 2-2/3 lbs
 1/3 oz
 1/3 oz

Measure

1 qts 1/2 cup
 1 qts 2 cup
 1/4 tsp
 3/8 tsp

Issue

Method

- 1 Using a whip, beat egg whites at high speed in mixer bowl until foamy, about 3 minutes.
- 2 Add sugar a little at a time; beat well at medium speed after each addition. Beat at high speed until stiff peaks are formed, about 6 minutes.
- 3 Add salt and vanilla; blend.
- 4 Spread about 2-1/2 cups meringue over warm pie filling, about 122 F. in each pan. Meringue should touch inner edge of crust all around and completely cover top of pie. Leave meringue somewhat rough on top.
- 5 Bake at 350 F. for 16 to 20 minutes or until lightly browned. CCP: Hold for service at 41 F. or lower.