

# Chocolate Dipped Minty Meringues

Egg whites are beaten until stiff and flavoured with a refreshing explosion of mint. Bake them at a low temperature for a long time to preserve their vibrant colour and develop a perfect crunch.

- **Ingredients**

- 3 egg whites
- Pinch cream of tartar
- Pinch salt
- 3/4 cup (175 ml) granulated sugar
- 1/2 tsp (2.5 ml) mint extract
- Red food colouring, paste or gel
- 1 cup (250 ml) chopped bittersweet chocolate, melted

- **Instructions**

- Step 1 Preheat oven to 250°F (120°C). Line two baking sheets with parchment paper.
- Step 2 Beat egg whites on high speed with cream of tartar and salt until foamy. Beat in sugar by tablespoon until stiff glossy peaks form. Beat in mint extract.
- Step 3 Fit pastry bag with 1/4-inch (1 cm) plain tip. Using a brush, paint inside of pastry bag with red food colouring stripes. Fill pastry bag with meringue mixture.
- Step 4 Pipe 2 inch (5 cm) meringues onto prepared sheets. Bake for 1 1/2 hours. Turn off oven and let stand in oven for 30 minutes. Remove from oven and let cool.
- Step 5 Dip bottom of meringues in melted chocolate. Shake to remove excess chocolate. Place back on baking sheets. Refrigerate until set, about 15 minutes.

Serves: 33 Time to prepare: 20 min Time to cook: 2 hours