

Chocolate Meringues

Makes 6-7

Hands-on Time 15 minutes

Baking Time 120 minutes

Ingredients

100g Dark chocolate (70%)
4 Egg whites, from medium eggs
255g Caster sugar
Fine salt, pinch

Equipment

Baking sheet (ideally aluminium)
Baking parchment
Microwaveable bowl
Microwave
Spatula
Large bowl
Electric or hand whisk
Large spoon

Preheat the oven to 90°C/70°C (Fan)/
195°F/Gas mark 1/4.

Line the baking sheet with baking
parchment.

Break the chocolate up over the
microwaveable bowl.

Pop the bowl into the microwave for 30
second blasts. Between each rest give the
chocolate a stir with a spatula. Repeat
until melted.

Set the bowl aside.

Add the egg whites to the large bowl and
whisk on a medium speed until you have
soft peaks.

Gradually add the sugar to the egg
whites whilst still whisking. Only add a
couple of tablespoons at a time and
whisk for at least 20 seconds after each
addition. You should be able to listen to
one Eurovision song whilst you do all of
this, otherwise you've added the sugar
too quickly.

By the time you've added all of the sugar
you should have a thick marshmallowy
meringue.

Drizzle the melted chocolate over the top
of the meringue and sprinkle over a little
salt.

Give the meringue a couple of folds to
incorporate some of the melted

chocolate. You don't have to mix all of it, just enough to give you a beautiful ripple effect.

Using a large spoon and spatula dollop the meringue onto the baking sheet, you should be able to get 6-7 meringues.

Pop the baking sheet into the oven on a medium shelf for 120 minutes.

When the time is up remove the sheet from the oven and set aside. Leave the meringues to rest until cool.

Enjoy!