

Crisp Meringues

BY SUSAN SPUNGEN

Makes 12

- 6 large egg whites/180g
- 1 ½ cups/300g granulated sugar
- Pinch of cream of tartar
- Pinch of coarse salt
- 1 ½ teaspoons vanilla extract (or scrapings from 1/2 a vanilla bean)

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1. Heat the oven to 200°F. Combine the egg whites, sugar, cream of tartar, and salt in the heatproof bowl of an electric mixer and set over a pan of simmering water. Whisk constantly until the sugar is completely dissolved and the mixture is hot to the touch, about 3 minutes.
 2. Transfer to a stand mixer fitted with the whisk attachment and beat until stiff, glossy peaks form, 5 to 7 minutes. Mix in the vanilla. (You could also use a hand mixer to whip the meringue.)
 3. Line 2 baking sheets with parchment paper or baking mats. Dollop the meringue into 12 equal piles and make a little depression with the back of a soup spoon in each one.
 4. Bake meringues for 2 hours. Turn off the oven and leave meringues in until cool. (It's best to make these the day before or the morning of the day you want to serve them.)