



## **Fruit & Nut Brown Sugar Meringues**

Makes 18 small meringues

*These chewy meringues are a great way to use up those bits and bobs that you have left over from your holiday baking. You can use whatever you have to fold into the meringues, which are not too sweet, delightfully soft, and slightly caramel-y thanks to the brown sugar. Use one cup total of whatever mix-ins you like or have on hand. I particularly like the cacao nibs, which add a subtle crunch and a bittersweet counterpoint to the meringue. Try walnuts, almonds, chopped candied ginger, dried cranberries, coconut, or freeze-dried fruit.*

Ingredients:

- 3 large egg whites
  - 3/4 cup packed/165g brown sugar, preferably dark
  - Pinch of cream of tartar (or a splash of lemon juice)
  - Pinch of kosher salt
  - 1 teaspoon vanilla paste or extract
  - 1/4 cup cacao nibs
  - 1/4 cup chocolate chips
  - 1/4 cup dried tart cherries
  - 1/4 cup of roughly chopped pistachios
  - Confectioners' sugar, for dusting
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1. Preheat oven to 250°F. Line 2 baking sheets with parchment paper. Combine the egg whites, sugar, cream of tartar (or lemon juice), and salt in the heatproof bowl of an electric mixer and set it over a pot of simmering water. Whisk the mixture constantly by hand until the sugar has completely dissolved and the mixture is hot to the touch, about 3 minutes.
  2. Transfer the bowl to a stand mixer fitted with the whisk attachment, and beat until stiff, glossy peaks form, 5 to 7 minutes (see TIPS if you don't have a stand mixer). Beat in the vanilla. Fold in the cacao nibs, chocolate chips, dried cherries, and pistachios.
  3. Use two spoons to dollop the meringue onto the baking sheets (see TIPS for additional instructions for this). Each should be a little pile a bit larger than a golf ball.
  4. Bake for 1 hour and 15 minutes. You can let them cool in the oven for a few hours or overnight. Or, sneak them out and enjoy them right away! Dust with confectioners' sugar just before serving.
  5. Once cool, store in an airtight container for up to 2 weeks.
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#### TIPS:

- If you have been collecting egg whites in a jar, every egg white is equal to 1 fluid ounce, so you would need 3 ounces for this recipe
- Meringues are simple to make as long as you follow one rule: **Don't let fat of any kind contaminate the egg whites, which will prevent them from whipping properly.**
  - Fat could come from your hands, from a speck of egg yolk, or from a greasy bowl.
  - Make sure your bowl—and your whip!—are squeaky clean. Sometimes I wipe out the bowl with a little white vinegar before I start.
- If you don't have a stand mixer, an electric hand mixer works fine here, but it will become more challenging as the meringue thickens.
- Make sure to dollop the meringues as soon as you mix everything in and get them right in the oven. Oils from the nuts or other mix-ins can start to thin the meringue if you let them sit.
- I like to use a soup spoon and a teaspoon to shape these meringues. Scoop up some meringue with the larger spoon and use the smaller spoon to scoop it off and onto the paper, shaping it as you go.