



Fruity Meringue Pots

INGREDIENTS- Makes 4

- 1 420g can Wattie's® Peaches in clear fruit juice
- 1 tablespoon cornflour
- 2 egg whites
- 1/4 cup caster sugar

METHOD

1. Preheat oven to 200°C
2. Drain peaches and set aside juice. Measure out 1/2 cup peach juice and add cornflour, mixing with a small whisk until smooth.
3. Place juice mix in a saucepan and heat until boiling, stirring constantly to prevent lumps for about one minute.
4. Roughly chop the peaches and add to the thickened juice.
5. Divide peach mixture between 4 ramekins (small bowls suitable for the oven).
6. Place the egg whites in a clean bowl and beat until soft peaks form. Sprinkle in the sugar a little at a time while you continue beating until smooth creamy and when the beaters are lifted up the mixture holds its shape and is thick and smooth. Spoon evenly between the ramekins.
7. Place in the preheated oven and cook for 8-10 minutes until the meringue is golden.
8. Remove from oven.

Serve warm

TIPS

- If you don't have ramekins make a large family dish or use sturdy teacups.
- Always preheat the oven when cooking. The light will go off when it has come up to heat. This will make sure your dish cooks at the correct temperature.
- Use the left over egg yolks to add to scrambled eggs or an omelette. Keep the yolks in the fridge covered with plastic wrap which is pressed down onto them, sealing them from the air.

RECIPE VARIATION

Try your favourite Wattie's canned fruit in clear fruit juice e.g. pears, apricots, nectarines, fruit salad or even tropical fruit salad.





UNDERSTANDING INGREDIENTS

Caster sugar

Caster sugar is a fine granulated sugar. This means it dissolves easily so is used in meringues. When it's used in baking, the smaller sugar crystals caramelize evenly so you get a fine, golden colour – like the top of a crispy meringue.

Meringue

Meringue is made by combining whipped egg whites and caster sugar, and then cooking the mixture.

Meringue can be crisp, or fluffy (like the fruity meringue pots).

Fluffy meringue needs to be eaten straight away or it can start to lose its volume and the surface can 'wrinkle' as it cools.

Crisp meringue needs to be kept away from moisture or it can go soft and chewy. Keep meringue crisp by storing it in an airtight container.

FOOD CHEMISTRY

How do egg whites make meringue?

- When you whip egg whites, it forces air into the mixture.
- The protein in egg white stretches into bubbles, trapping the air whipped into the mixture.
- If you have anything else in the bowl (like water or an oily residue), this will break the protein strands, so they won't be able to form bubbles and trap the air.
- Some recipes recommend adding a pinch of salt to the egg whites at the beginning, to help the proteins keep their shape when formed into bubbles.
- If you start with egg whites at room temperature, they expand into larger bubbles, so you will get more meringue.
- Older eggs also whip more easily because of chemical changes that have taken place as they age.
- If you over-beat egg whites, this breaks the protein bubbles and makes them runny again.

COOKING TECHNIQUES

Separating eggs



1. Crack the egg gently on the edge of the bowl.
2. Slowly break apart the shell with both hands.
3. As you open the shell, keep the egg yolk in one side and let the egg white fall into the bowl below.
4. Pass the yolk gently into the other shell half, being careful not to break it on the edge of the egg and as you do this all the remaining white should transfer to the bowl.
5. Now you have an egg yolk left in the shell, and all the white is in the bowl below.

Whipping egg whites

1. Egg whites are whipped and ready for the sugar to be slowly added. You can tell they are ready because the white is 'holding onto' the beater.
2. The egg white mixture is glossy and smooth – this is uncooked meringue and the addition of the sugar has changed its consistency. You can tell it's done because the whites have formed peaks and hang off the beater.



NUTRITION FACTS

Portions

At dinner time, look at your meal on your plate and think about how much you eat of each food group.

The vegetables or salad should make up half of your meal. A quarter of your plate should have carbohydrate foods (potatoes, rice or pasta) and a quarter should be meat, fish or another protein food like eggs. If you are hungry at dinner times it is best to fill up on even more vegetables or salad.

A dessert can be a sweet treat after dinner. Fill up with your main meal and just enjoy a small sized dessert sometimes.

It is great if your dessert includes some fruit - fresh, frozen or canned, as this will help get your 5 or more every day. Aim for at least two servings of fruit every day.

Note: see the Nutrition & Healthy Eating section of Project Cook for more information on serving sizes.