

Meringue Italienne Italian meringue

Utensils

- Chinois : conical sieve
- Calotte : mixing bowl
- Fouet : whisk/beater
- Balance: scales
- Russe: heavy saucepan
- Film : cling film

Ingredients

- Egg whites 0,500 kg
- Sugar 1 kg
- Water 0,300 kg

Texte écrit

Meringues are very light preparations made cold or hot from whipped egg whites and sugar.

Hygiene conditions for meringues: well clarified eggs, neat sugar and clean equipment.

Causes of failures: the eggs won't whip if there are impurities or particules of egg yolks because of the fat they contain.

Video

The Italian meringue

Prepare the utensils :

- a stand mixer (a tabletop mixer),
- a small copper saucepan with water and sugar,
- the bowl of the mixer with egg whites and the sugar thermometer

Place the saucepan over the heat, bring to the boil and cook the sugar syrup up to 120°C-121°C.

When it boils, skim the surface and wash down the inside wall of the saucepan with a pastry brush.

When the syrup reaches 110°-112°C beat the whites until stiff and add a pinch of salt.

When the temperature reaches 120°C slowly whisk the syrup into the whites in a thin stream and continue beating until completely cold.

Remove the whisk, scrape the meringue.

If not used immediately cover with a cling film and place in the refrigerator.

The Italian meringue is used to make individual meringues, as bases for desserts and frozen (iced) desserts. It is also used to lighten some preparations.