

LEMON MERINGUES (GF)

INGREDIENTS

For the meringue:

- Egg whites from 4 large eggs (room temperature)
- 200g Caster sugar

For the posset:

- 3 Lemons, zested and juiced
- 600ml double cream
- 160g caster sugar

For your topping:

- 1 x Jar of Bonne Maman Lemon Curd

EQUIPMENT

- Piping Bags
- Piping nozzle
- 2 x Parchment Lined baking trays
- Electric hand/stand whisker
- Large Saucepan
- 2 Large mixing bowls

METHOD

1. First make the meringue nests - pre-heat your oven to 110 degrees (90 degrees fan).
2. In a large clean mixing bowl, add your egg whites and beat them with your electric mixer on a medium speed until it is fluffy in texture and stands up in stiff peaks. Slowly beat in your caster sugar, one tablespoon at a time, be patient with this, and whisk until your meringue is smooth and glossy and hold stiff peaks.
3. Fit your piping bag with a 1M Wilton tip, or preferred piping nozzle. Using a spatula, or spoon, fill your piping bag with your meringue. On your parchment paper, pipe a concentric circle for the base and pipe an additional open circle on top to form the edges of the nest. Bake for 2 hours or until firm to the touch. Turn off the oven and leave your meringues inside. Allow to completely cool.
4. Now, we are going to make our lemon posset: Pour your double cream into a large saucepan, add your lemon zest and your caster sugar. Bring to the boil, stirring continuously, then simmer for 3-4 minutes. Remove from the heat, and leave to cool for 4 minutes, whisk in your lemon juice. Transfer to a bowl and clingfilm - refrigerate for at least four hours or overnight.
5. Once completely cooled, remove your meringues from the oven - they can be stored in an airtight container until ready to serve!
6. When ready to serve, fill each meringue nest with a spoonful of lemon posset and top with lemon curd! Enjoy!