# Swiss Meringue
**Fool proof basic meringue recipe**

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## INGREDIENTS

- 2 eggs whites (medium)
- 80g sugar
- 1tsp good quality vanilla paste/extract

## DIRECTIONS

1. Before you start separating the eggs, make sure that the eggs you are using for the meringue are room temperature. Then carefully separate the egg yolks from the egg whites and make sure there is no egg yolk in the egg whites. If you accidentally break the yolk and some of it gets into the egg whites, even if that is just a little, I suggest to start over as this can result in the meringue failing.

2. Use a clean heat proof medium bowl and add the egg whites and the sugar to it.

3. Set a hot water bath on a stove. Add a thermometer to your egg whites and sugar and start heating the meringue mix over the hot water bath while constantly whisking it. Hold the bowl over the water bath rather than directly on the water. Heat the meringue mix until it reaches 70°C. You don´t need to whisk the mix hard at this point, but rather just keep it moving so that it doesn´t start cooking. Once reached 70°C remove from heat.

4. Add in the vanilla and start whisking the meringue in a standing mixer or with a hand mixer. Whisk the meringue until the bowl you are using feels cool to touch and the meringue forms stiff peaks. At this point the meringue should also be nice and glossy. You want to use the meringue right away, don´t leave it standing for long as it will loose its structure.

5. You can use this meringue base to make swiss meringue buttercream, to make meringue kisses, to make a pavlova or to top a cheesecake or a lemon tart with it and give it a final touch by torching it. See blog post on www.inthekitchenwithelisa.com for linked recipes.