

Peppermint Meringues

PREP TIME:
20 mins

COOK TIME:
2 hrs

COURSE: Dessert
CUISINE: American

Light and airy peppermint swirls in delicious meringues cookies. 'Tis the season for all things peppermint, shopping and big wooly mittens, cookies and hot cocoa, and of course, cookie exchanges.

Ingredients

- 3 large large egg whites
- 3/4 cu sugar
- 1 drop peppermint concentrate (or 1/2 tsp pure peppermint extract)
- Red gel-paste food coloring

Instructions

1. Preheat oven to 175 degrees. Line 2 baking sheets with parchment paper. Fit a pastry bag with a small open-star tip (such as Wilton M1). Set aside.
2. Place egg whites and sugar in the heatproof bowl of an electric mixer.
3. Set bowl over a pan of simmering water, and stir gently until sugar has dissolved and mixture is warm to the touch, 2 to 3 minutes.
4. Transfer bowl to an electric mixer fitted with the whisk attachment.
5. Whisk on medium-high speed until stiff peaks form.
6. Mix in peppermint concentrate.
7. Using a new small paintbrush, paint 2 or 3 stripes of red food coloring inside the pastry bag.
8. Fill bag with 1 to 2 cups meringue.
9. Pipe small (3/4-inch-high) star shapes onto prepared baking sheets.
10. Refill bag as necessary, adding food coloring each time.
11. Bake cookies until crisp but not brown, about 1 hour 40 minutes.
12. Shut the oven off and leave in the oven for 30 minutes.
13. Let cool completely on sheets on wire racks then place in a sealed container.

Notes

Makes 90 - 100 small cookies.

Adapted from Martha Stewart

Serving: 3cookies, Calories: 21kcal, Carbohydrates: 5g, Protein: 0.5g, Sodium: 6mg, Sugar: 5g

Blue Smart Points: 1 Green Smart Points: 1 Purple Smart Points: 1 Points +: 1



YIELD: 30 servings

★★★★★
5 from 2 votes