

Meringue Kisses with White Chocolate

Always a crowd pleaser, meringue is generally loved by all. This cookie couldn't be easier to make and requires only a few ingredients. Plus, it's always nice to have some options for your gluten intolerant friends or family (my Peanut Butter Marshmallow Slice also ticks this box, as do the marshmallows themselves). I like to add a little food colouring to give the meringues a Christmas vibe but feel free to skip this step if you'd prefer. The same goes for the white chocolate if you're not a fan, simply swap it out for a semi or bittersweet variety.

3 egg whites

Makes: 24- 30 little sandwich cookies

1/2 tsp cream of tartar

You will need: 2 cookie sheets lined with parchment paper, 14-inch piping bag fitted with a star tip

3/4 cup sugar

Preheat the oven to 250 degrees

1/2 tsp vanilla

In a stand mixer fitted with the whisk attachment or a large bowl and hand mixer, beat the egg whites on high until foamy. Add the cream of tartar and continue to beat until soft peaks form. Turn the mixer to medium speed and slowly add the sugar, a couple of tablespoons at a time. Once all the sugar has been added, return the mixer to high speed and beat until shiny, stiff peaks form. You can test this by turning off the mixer, sticking a spatula into the egg whites, and quickly pulling it out. If the egg whites hold a stiff peak when you turn the spatula upright all is good.

2-3 drops red food colouring (optional)

Sprinkle of white non-pareils

Add the vanilla and mix again.

1/2 cup chopped white chocolate, melted

Remove the bowl from the stand mixer and use a spatula to very gently fold in a few drops of red food colouring. Be careful not to over mix the colouring or the striped effect will be lost when you pipe the cookies.

Fill a 14-inch piping bag fitted with a star tip with the meringue. Hold the bag upright and pipe the meringue in circles on the parchment paper, starting at the outer edge and working toward the center. Continue until both trays are full.

Sprinkle the meringues with the white non-pareils.

Bake for 90 minutes, until the meringues are crisp and light to the touch.

Turn off the oven and allow the cookies to sit undisturbed for at least 2 hours or overnight. Remove the cookies from the oven and allow them to cool completely before filling.

Melt the white chocolate in a small saucepan over low heat or in a microwave until shiny and smooth. Spoon a little chocolate onto the bottom side of a cookie, top with another cookie and then gently press them together. Repeat with the remaining meringues. Store in an airtight container for up to 1 week.