GlutenFreeNutrition
Coeliac Disease & Food Intolerance Dietitian

'LEMON' MERINGUE KISSES

GF DF Low

Gluten & Dairy free and Low Salicylate & Amine

Makes ~ 20 double kisses

Meringue Ingredients:
2 egg whites at room temperature
110g castor sugar
½ tsp cream of tartar

Citric acid curd
2 eggs
1/3 cup (80g) castor sugar
30ml water
60g Nuttelex
1 tsp citric acid

Mock cream
½ cup castor sugar
1/3 cup water
225g Nuttelex
1 tsp vanilla essence
If you choose to sandwich them together with regular cream, this will add dairy to this recipe.

Method:
Citric Acid Curd:
Have the citric acid curd made and cooled, before starting the meringues.

- Combine all the ingredients into a heat proof bowl that can be placed over a saucepan of simmering water
- Stir constantly until the mixture thickens such that it thickly coats the back of a wooden spoon (~ 8-12 minutes)
- Transfer to a bowl, cover and then refrigerate until cool

Meringue
Preheat the oven to 120^{0}C

- Line 2 baking trays with baking paper
- Whisk the egg whites and cream of tartar until stiff
- Over the next 5-6 minutes, gradually add the castor sugar, beating well between additions.
- After all the sugars has been added, beat the mixture for a further 6-8 minutes.
- Fill each tray with drops of heaped teaspoon quantities of the meringue. Or pipe circles onto the baking paper instead. This will help to make them more uniform in size. Allow a little spreading room between each.
- Using a skewer, swirl about ¼ tsp of citric acid curd through the top of some of the meringues. You can do this to all, or you may choose to leave some plain.
- Place the trays on either side of the centre of the oven and cook for 1 hour. Rotate the trays after half an hour.
- Turn off the oven, keep the door a little ajar and let them cool in the oven

Mock Cream:

- In a saucepan, dissolve the sugar in the water over medium heat, then bring the mixture to the boil. Simmer for 5 minutes.
- Cool in the fridge.
- Beat the Nuttelex until pale, then beat through the vanilla.
- While whipping the Nuttelex on a medium speed, gradually add the cooled sugar mixture and beat until light and fluffy

To serve:

Join 2 of the meringues together either with the extra citric acid curd or the mock cream. You will have left-over citric acid curd and mock cream