

# Betty's Mystical Meringue Shells Recipe



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In this video, Betty demonstrates how to make Meringue Shells. These are slowly cooked 3-inch shells made of sweetened beaten egg whites. They make an elegant and tasty dessert when filled with fruit, pudding, or ice cream.

Ingredients:

3 egg whites, at room temperature

1 teaspoon vanilla extract

¼ teaspoon cream of tartar

1 cup sugar

filling (such as fresh fruit, pudding, ice cream, whipped topping)

Combine 3 egg whites, 1 teaspoon vanilla, and ¼ teaspoon cream of tartar. Beat until frothy. Gradually add sugar, beating until glossy and stiff peaks form. Do not underbeat. Drop meringue by 1/3-cupfuls onto well greased cookie sheets or shallow baking pans. Using the back of a teaspoon, shape meringues into circles about 3 inches in diameter. Then, shape each circle into a shell, having an indentation in the center and the sides about 1-inch high. Bake at 275 degrees for 1 hour. Turn oven off; leave meringues in oven with door closed for 1 hour to crisp the meringues. Cool meringues away from any draft. Fill as desired. I filled mine with strawberry halves, and topped them with a dollop of whipped topping and a whole strawberry. These look lovely, and you can use fillings that suit your own taste! Enjoy!!! --Betty