

# Betty's Meringue Shell with Fruit Topping



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In this video, Betty demonstrates how to make a Meringue Shell with Fresh Fruit topping. This is a dramatic dessert for your holiday table, and the topping can be changed to your favorite fruits.

## Ingredients:

2 egg whites

½ teaspoon vinegar

¼ teaspoon salt

½ cup sugar

½ cup apricot preserves, heated and then cooled to a consistency that can be brushed on top of fruit  
your choice of fruit (I used sliced Granny Smith apples, sliced Red Delicious apples, strawberry halves, and kiwi slices—mainly for a red-green Christmas combination.)

Combine 2 egg whites, ½ teaspoon vinegar, and ¼ teaspoon salt in a medium-sized mixing bowl. Beat until frothy. Gradually add 1/2 cup sugar, about 1 tablespoon at a time, beating until stiff peaks form. Spoon meringue onto baking pan lined with parchment paper. Using back of tablespoon, shape meringue into a circle about 8 inches in diameter. Shape the circle into a shell, making the sides about 1 3/4 inches high. Bake at 275 degrees (F) for 1 hour. Turn oven off, and allow meringue to cool in oven for 2 hours. Do not attempt to fill your meringue shell with fruit topping until the meringue is completely cool. To make topping, rinse and dry fresh fruits that complement each other. I chose to use a red and green theme for Christmas. I placed slices of a Granny Smith apple one-half way around the bottom of the meringue shell and then slices of a Red Delicious apple the rest of the way around, letting the red and green peelings show. I then used a pastry brush to brush on a glaze of apricot preserves to keep the apples from turning brown. I finally topped the green apple slices with a ring of fresh red strawberry halves and the red apple slices with slices of kiwi fruit. You may vary the fruits and themes according to your needs. This makes a dramatic, yet healthy, dessert for your holiday table. I spotlighted it on my holiday table by placing the finished Meringue Shell with Fruit Topping on a cake stand. I hope you enjoy this non-guilty dessert! Love, Betty