

Betty's Killer Meringue for Cream Pies



Uploaded on Jan 12, 2011

In this video, Betty demonstrates how to make a Killer Meringue for Cream Pies. This meringue is made of sugar syrup that is beaten into egg whites. It is gorgeous, and it comes out perfect every time!

Ingredients:

$\frac{3}{4}$ cup water

$\frac{1}{4}$ cup plus 2 tablespoons sugar

1 tablespoon cornstarch

3 egg whites, at room temperature

dash of salt

1 teaspoon vanilla extract

In a small saucepan, combine $\frac{3}{4}$ cup water, $\frac{1}{4}$ cup plus 2 tablespoons sugar, and 1 tablespoon cornstarch. Stir until blended. Place over medium heat and cook, stirring constantly until transparent and thickened. In a large mixing bowl, combine 3 egg whites and a dash of salt. Beat with an electric mixture until frothy. Add 1 teaspoon vanilla, and continue beating while gradually pouring cooked syrup into egg whites. Beat 3 minutes, or until stiff. Do not over-beat. Spread over the top of a cream pie and bake at 425 degrees (F) for 5 to 8 minutes. Lovely meringue! I hope you enjoy this recipe! --Betty