

LENOTRE S FRENCH MERINGUE

The Recipe

<https://cuisinedaubery.com/recipe/french-meringue/>

Lenotre's best technique for French Meringue, delicious and perfectly shiny !

Chef: Lenôtre

Skill: Easy Level

Cuisine: French Cuisine

Courses: Base, Sweet Base, Meringue, French Meringue,

Ingredients

Meringue with 3 Egg whites : 250 g (9 oz)

3 Egg Whites 1/3 Cup or 90 grams

*1st Sugar

2 Tablespoons Sugar (25 grams)

*2nd Sugar

4 Tablespoons Sugar (50 grams)

*Icing Sugar

1/2 Cup Icing Sugar (90 grams)

*Optionally

some Food Coloring

Meringue with 3 Egg whites : 167 g (6 oz)

2 Egg Whites 4 Tablespoons or 60 grams

*1st Sugar

1 Tablespoon Sugar (16.6 grams)

*2nd Sugar

2 Tablespoons Sugar (33.3 grams)

*Icing Sugar

1/3 Cup Icing Sugar (60 grams)

*Optionally

some Food Coloring

Meringue with 4 Egg whites : 333 g (3/4lbs)

4 Egg Whites 1/2 Cup or 120 grams

*1st Sugar

2 Tablespoons Sugar (33.3 grams)

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*2nd Sugar

1/3 Cup Sugar (66.6 grams)

*Icing Sugar

1/2 Cup Icing Sugar (120 grams)

*Optionally

some Food Coloring

Meringue with 5 Egg whites : 417 g (1 lbs 15 oz)

5 Egg Whites 2/3 Cup or 150 grams

*1st Sugar

3 Tablespoons Sugar (41.6 grams)

*2nd Sugar

1/3 Cup Sugar (83.3 grams)

*Icing Sugar

3/4 Cup Icing Sugar (150 grams)

*Optionally

some Food Coloring

Meringue with 6 Egg whites : 500 g (1 lbs 2 oz)

6 Egg Whites 3/4 Cup or 180 grams

*1st Sugar

4 Tablespoons Sugar (50 grams)

*2nd Sugar

1/2 Cup Sugar (100 grams)

*Icing Sugar

1 Cup Icing Sugar (180 grams)

*Optionally

some Food Coloring

Steps

Here's the recipe video: