

# LENÔTRE S SWISS MERINGUE

## The Recipe

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

Lenôtre's Swiss Meringue

Chef: Lenôtre

Preparation Time: 15 Minutes

Cooking Time: 10 Minutes

Skill: Easy Level

Cuisine: French Cuisine

Courses: Base, Sweet Base, Meringue,

## Ingredients

### **Meringue with 4 whites**

4 Egg Whites 1/2 Cup or 120 grams

1 Cup Sugar (250 grams)

### **Meringue with 2 whites**

2 Egg Whites 4 Tablespoons or 60 grams

1/2 Cup Sugar (125 grams)

### **Meringue with 3 whites**

3 Egg Whites 1/3 Cup or 90 grams

3/4 Cup Sugar (187.5 grams)

### **Meringue with 5 whites**

5 Egg Whites 2/3 Cup or 150 grams

1 1/2 Cup Sugar (312.5 grams)

### **Meringue with 6 whites**

6 Egg Whites 3/4 Cup or 180 grams

1 2/3 Cup Sugar (375 grams)

## Steps

1. For this recipe, you may use a stand mixer (like a Kitchen Aid appliance) with a whisk, or an electric beater

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2. Pour into the mixing bowl of the stand mixer the Egg Whites (4) and the Sugar (1 Cup or 250 g)

### **The double boiler**

3. Warm water in a saucepan, on medium heat

4. Place the bowl onto the saucepan with the cooking water

5. Make sure the water does NOT touch the bowl (it would cook instantly the whites)

6. Keep beating with a wire whip

7. The Egg Whites start to cook, keep beating

8. You need to check the temperature, while you are beating

9. As soon as the temperature reaches 125 F / 50 C, remove the bowl

10. Beat at Maximum Speed

11. The Egg Whites becomes fluffy and increase in volume

12. After a few a few minutes, the bowl has cooled down