

Enjoy this Incredible! HOLIDAY RECIPE courtesy of The incredible edible egg™

Hard meringues, like these layers in the MERINGUE TORTE, may be stored for months at room temperature in a tightly sealed container with wax paper between any layers. If they lose crispness, bake in a preheated 250° F oven for 15 to 20 minutes. You can bake the meringue ahead of time, and simply assemble the torte just before serving. The meringue tends to absorb the moisture from the filling, causing the dessert to become soft if assembled too far in advance.

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MERINGUE TORTE
Yield: 8 servings

Meringue discs

8 egg whites (allow to stand 20 to 30 minutes at room temperature)
1 cup confectioners' sugar
3 tablespoons cornstarch
½ teaspoon cream of tartar
½ cup ground almonds

LINE 2 large baking sheets with parchment paper. **TRACE** 2 8-inch circles on parchment paper (on baking sheets). In a large mixing bowl; **BEAT** egg whites on HIGH until soft peaks form. In a separate small bowl, **COMBINE** sugar, cornstarch and cream of tartar. One tablespoon at a time, **ADD** the sugar mixture to beaten egg whites, continuing to beat until sugar is fully dissolved and soft peaks form (rub a bit of meringue between thumb and finger to feel if the sugar has dissolved). Gently, **FOLD** in the almonds. **DIVIDE** the mixture evenly among the 4 circles. **SPREAD** evenly to the edges of the circles about ½ inch thick. **BAKE** the meringue layers in a preheated 250°F oven for 1 ½ hours. **TURN** oven off. **LEAVE** pan in oven for another 30 minutes to an hour; gently **PEEL** the paper from the bottom of the meringue layers, being careful not to crack or break them.

Custard Filling

(Yield 2 cups)
4 egg yolks
1 cup confectioners' sugar
2 tablespoons cornstarch
1 ½ cups skim milk

In a large mixing bowl with a wire whisk, **lightly BEAT** egg yolks. **ADD** sugar and cornstarch; **continue WHISKING** until mixed. Gradually, **WHISK** in milk until combined. **COVER**; cook custard in microwave on **HIGH** for 2 minutes; **STIR**; **COVER**, **COOK** 2 more minutes; **STIR**, **COVER**, **COOK** 1 additional minute. Mixture should reach a temperature of 160°F. **REMOVE** from microwave, **STIR**. **COVER** custard with plastic wrap, pressing onto top to prevent a skin from developing on the custard. **CHILL** until ready to assemble torte. Can be made up to one day in advance.

Note: Cooking times are based on microwave wattage of 900; allow more cooking time if using a microwave with less wattage.

Fruit Topping

2 cups fresh sliced or whole fruit (strawberries, raspberries, blueberries, peaches)

TO ASSEMBLE torte, **PLACE** one meringue layer on a serving plate. Gently **SPREAD** a thin layer (about 1/2 cup) of cooled custard filling on top of meringue layer to within 1/2 – inch of edge. Top with ½ cup fresh fruit. Repeat with remaining layers. Cut and serve immediately. Any leftover custard can be served on the side with berries.

Nutritional Information (per 1/8 recipe) using strawberries: 245 calories; 5 g fat; 106 mg cholesterol; 80 mg sodium; 43 g carbohydrates; 8 g protein