



## *Italian Meringue*



### **Ingredients**

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½ Lemon  
6 Egg Whites  
Nutmeg (pinch)  
1 ½ C. White Sugar  
1 t. Vanilla  
¾ C. Water  
Salt (pinch)

### **How to Prepare**

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In large pot place sugar and water. Turn heat on low heat and heat for 10 minutes to get to 240°-245°.

In stand mixer add egg whites. Slowly add lemon juice, salt, vanilla and nutmeg. Continue whisking until frothy and formed. Once sugar syrup is at 240°; remove from heat. Turn mixer to medium speed and slowly drizzle sugar syrup in. Once all sugar syrup is incorporated turn mixer to high for 8-10 minutes. Add lemon zest at the end of mixing. Use in your favorite recipe that calls for meringue.

THE LEANING TOWER OF PISA  
ONE LINE DRAWING - BY MICHAEL SLOTWINSKI

*Bon Appétit!*