

Mint Meringue Cookies

yield: 75-80 small meringues

Ingredients:

4 large egg whites

½ teaspoon cream of tartar

1 cup superfine sugar

1 teaspoon pure peppermint extract

few drops of green food coloring

Directions:

Line two baking sheets with parchment paper.

In the bowl of your electric mixer, with the whisk attachment, beat the egg whites on low-medium speed until foamy. Add the cream of tartar and continue to beat the whites until they hold soft peaks. Add the sugar, a little at a time, and continue to beat until the meringue holds stiff peaks. The meringue is done when it holds stiff peaks and when you rub a little between your thumb and index finger it does not feel gritty. Transfer the meringue to a pastry bag fitted with a star tip. Make the cookies. Bake in a preheated oven 225F (107C) for about 2 hours. Then turn the oven off and leave the cookies inside for another hour or longer - to dry.

Remove from the oven and keep in an airtight container.

Enjoy!:))

Note:

If you don't have superfine sugar you can take caster sugar and process for a while in a food processor.

You can use as much of the peppermint extract as you like - depends how mint you want your cookies to be. Maybe try first ½ teaspoon, taste and then add more if it's not enough. I added 1 teaspoon and my cookies were very minty.

You can also use more food coloring if you want bright, green color. My meringue were rather pale but I liked them that way:)

