

Meringue Cupcakes with a Berry Sauce

Makes 6

Ingredients:

- ½ teaspoon white vinegar
- ¼ teaspoon vanilla bean paste (or ½ teaspoon extract)
- 3 large egg whites, room temperature
- ¼ teaspoon salt
- ¾ cup + 2 tablespoons sugar
- 1 cup plain lowfat yogurt
- ½ container (3 ounces) blackberries, halved if large
- Vegetable oil cooking spray, for baking cups
- Gel-paste food coloring (if desired)
- Blackberry Sauce (recipe follows)

Directions

1. Preheat oven to 225 degrees F. Line every other cup of a nonstick 12-cup muffin tin with baking cups; coat with cooking spray. Whisk egg whites, vinegar, vanilla, and salt with a mixer on medium-high speed until frothy. Add the sugar, 1 tablespoon at a time, beating for 1 minute after each addition, making sure the sugar dissolves. Beat until stiff, glossy peaks form. Mix in 6 drops food coloring.
2. Transfer mixture to a pastry bag fitted with a plain coupler (no tip), and pipe into prepared baking cups, about 2 inches above rims, finishing with a peak in the centers. Bake, rotating halfway through, 3 to 3 hours and 20 minutes. (Cupcakes should be completely dry on the outside but still soft in the middle. A toothpick inserted horizontally at base of top should have moist but cooked crumbs attached.) Transfer cupcakes in baking cups to wire racks; let cool completely.
3. You can place the “cupcakes” into small bowls or on small plates and use a spoon to break them or carefully slice off tops of cupcakes using a serrated knife. (Run the knife just above the liner and slowly work your way to the center.) Top each cupcake with 2 tablespoons blackberry sauce, a few blackberries, and 2 tablespoons lowfat yogurt. Replace tops, and serve immediately.

- ½ container (3 ounces) blackberries
- ½ cup + 2 tablespoons sugar
- 2 tablespoons fresh lemon juice
- 2 large egg yolks
- ½ stick (4 tablespoons) unsalted butter
- 1 pinch salt

1. Whisk all ingredients in a heatproof bowl set over a pan of simmering water until slightly thick, 8 to 10 minutes. Strain; refrigerate until cold and thick.

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