



Meringue Cookies with Nuts



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Introduction

Meringue cookies with nuts are a delightful treat that combines the light, airy texture of meringue with the rich crunch of nuts. These cookies are perfect for satisfying your sweet tooth, and they bring a unique blend of flavors and textures that will impress anyone who tries them. They are ideal for any occasion, whether it be a family gathering, a holiday celebration, or just a sweet snack at home. In this article, we will guide you through the ingredients, preparation time, and cooking time needed to create these delightful meringue cookies.

Detailed Ingredients with measures

Egg whites: 4 pieces

Granulated sugar: 200g

Vanilla extract: 1 teaspoon

Chopped nuts (such as walnuts or almonds): 100g

A pinch of salt

Prep Time

The preparation time for these cookies is approximately 15 minutes. This includes separating the egg whites and measuring out all the ingredients.

Cook Time, Total Time, Yield

The cook time for the meringue cookies is about 1 hour in the oven at a

low temperature. Therefore, the total time for making these cookies from start to finish is roughly 1 hour and 15 minutes. This recipe typically yields around 20 to 25 meringue cookies, depending on the size you choose to make them.

Enjoy baking these delightful meringue cookies, and don't forget to share them with friends and family!



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Detailed Directions and Instructions

Step 1: Preheat the Oven

Preheat your oven to 120°C (248°F).

Step 2: Prepare the Baking Sheet

Line a baking sheet with parchment paper to prevent the meringues from sticking.

Step 3: Whip the Egg Whites

In a clean, dry bowl, beat the egg whites until they form stiff peaks.

See also Carrot Cake Cheesecake

Step 4: Gradually Add Sugar

Slowly add sugar to the whipped egg whites, continuing to beat until the mixture is glossy and the sugar is dissolved completely.

Step 5: Fold in Nuts

Gently fold in finely chopped nuts, ensuring they are evenly distributed throughout the meringue mixture.

Step 6: Shape the Meringues

Using a spoon or a piping bag, dollop or pipe small amounts of the meringue mixture onto the prepared baking sheet.

Step 7: Bake the Meringues

Place the baking sheet in the preheated oven and bake for approximately 60-90 minutes. The meringues should be dry to the touch and easily lift off the parchment paper.

Step 8: Cool the Meringues

Once baked, turn off the oven and leave the meringues inside to cool completely.

Step 9: Store Properly

Once cooled, store the meringues in an airtight container to maintain their crispness.

Notes

Note 1: Egg White Temperature

Make sure the egg whites are at room temperature for better volume when whipping.

Note 2: Sugar Type

Using fine sugar can help dissolve more easily into the egg whites, resulting in a smoother meringue.

Note 3: Humidity Consideration

Avoid making meringues on a humid day as moisture can prevent them from drying properly.

Note 4: Flavor Variations

Feel free to add vanilla extract or other flavorings to the meringue for extra taste.

Note 5: Nut Variations

Different types of nuts can be used based on preference; just make sure they are finely chopped.



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Cook techniques

Whipping Egg Whites

To achieve the perfect meringue, it's essential to whip the egg whites until they form stiff peaks. This means that when you lift the whisk, the peaks should stand straight up without drooping.

See also Japanese Cotton Cheesecake

Folding Ingredients

When adding the nuts to the whipped egg whites, use a gentle folding technique. This preserves the airiness of the meringue, ensuring the cookies remain light and fluffy.

Baking with Precision

Baking the cookies at the correct temperature and for the right duration is crucial. Too high a temperature can cause them to brown too quickly, while baking them for too long can lead to a dry texture.

FAQ

Can I use different nuts?

Yes, you can substitute the nuts with your preferred variety, such as almonds, hazelnuts, or pecans, for a different flavor and texture.

How do I store the meringue cookies?

Store the cookies in an airtight container at room temperature to maintain their crispness.

Can I make these cookies without nuts?

Absolutely! You can make meringue cookies without nuts if you prefer a nut-free version; simply omit them from the recipe.

What should I do if my egg whites don't whip up?

Ensure that no yolk is mixed with the egg whites and that your mixing bowl is free of grease. Adding a pinch of salt or cream of tartar can also help stabilize the egg whites.



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Conclusion

The meringue cookies with nuts are a delightful treat that combines the airy texture of meringue with the rich flavor of nuts. They are not only easy to prepare but also offer a delectable way to satisfy your sweet tooth. Perfect for special occasions or a simple dessert, these cookies are sure to impress.

More recipes suggestions and combination

Chocolate Chip Meringue Cookies

Add chocolate chips to the meringue mixture for a deliciously sweet twist on the classic recipe.

See also Baked Broccoli Cheese Balls

Coconut Macaroon Meringues

Incorporate shredded coconut into the meringue for a tropical flavor that pairs wonderfully with the light texture.

Spiced Meringue Cookies

Add cinnamon and nutmeg to the meringue for a warm, spiced flavor that's perfect for the fall and winter seasons.

Fruit-Infused Meringues

Fold in crushed dried fruits like cranberries or apricots for a chewy texture and a burst of fruity flavor.

Mini Pavlovas with Cream and Berries

Shape meringue into small nests, bake them, and fill with whipped cream and fresh berries for an elegant dessert.

Nutella Swirled Meringues

Swirl Nutella into the meringue before baking for a rich, chocolate-hazelnut flavor in each bite.



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