



Caramel Coffee Meringues



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



313 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 large egg whites 30 minutes at room temperature
- ☐ 1.5 cups heavy cream
- ☐ 3 tablespoons espresso powder
- ☐ 1.5 cups sugar
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan

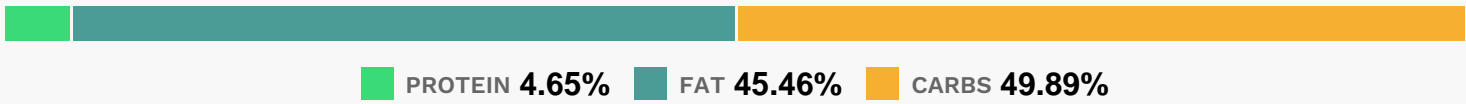
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ hand mixer
- ☐ pastry brush

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 500°F. Lightly oil ramekins.
- ☐ Stir together 1 cup sugar and 2 tablespoons espresso powder in a small bowl. Beat whites with a pinch of salt in a large bowl with an electric mixer at medium speed until they just hold soft peaks.
- ☐ Add sugar mixture a little at a time, beating, then increase speed to high and continue to beat until whites hold stiff, glossy peaks.
- ☐ Spoon meringue into ramekins, forming gentle swirling peaks in tops. Arrange ramekins on a baking sheet and bake until meringues are slightly puffed and a shade darker, 4 to 5 minutes (meringues will still be very soft).
- ☐ Transfer ramekins to a rack and cool 30 minutes, then chill at least 3 hours. (Meringues will deflate slightly and pull away from sides of ramekins.)
- ☐ Stir together 1/4 cup water and remaining tablespoon espresso powder in a small glass.
- ☐ Bring remaining 1/2 cup sugar and remaining 1/4 cup water to a boil in a 1- to 1 1/2-quart heavy saucepan, stirring until sugar is dissolved and washing down any crystals from side of pan with a pastry brush dipped in water. Boil syrup, without stirring, gently swirling pan, until mixture is a deep golden caramel.
- ☐ Remove from heat and carefully pour in espresso mixture (liquid will bubble and steam), then stir until well combined (if necessary, stir over low heat until caramel is dissolved).
- ☐ Transfer syrup to a heatproof bowl and cool to room temperature, about 20 minutes.
- ☐ Just before serving, beat cream with cleaned beaters until it just holds soft peaks.
- ☐ Drizzle each meringue with 1 tablespoon syrup and top generously with whipped cream.
- ☐ *Available at specialty foods shops, some supermarkets, and The
- ☐ Baker's Catalogue (800-827-6836; bakerscatalogue.com).

- ☐
- **Available at some cookware shops and Bridge Kitchenware (800-274-3435 or 212-688-4220).
- ☐
- The egg whites in this recipe will not be fully cooked, which may be of concern if salmonella is a problem in your area.· Meringues can be chilled, loosely covered, up to 6 hours.· Syrup can be made 1 day ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:26.18, Inflammation Score:-4, Nutrition Score:2.956086990626%

Nutrients (% of daily need)

Calories: 313.44kcal (15.67%), Fat: 16.27g (25.04%), Saturated Fat: 10.27g (64.17%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 40.18g (14.61%), Sugar: 38.87g (43.19%), Cholesterol: 50.43mg (16.81%), Sodium: 48.09mg (2.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 58.88mg (19.63%), Protein: 3.74g (7.49%), Vitamin A: 655.99IU (13.12%), Vitamin B2: 0.18mg (10.76%), Selenium: 5.93µg (8.46%), Vitamin D: 0.71µg (4.76%), Potassium: 143.14mg (4.09%), Phosphorus: 34.66mg (3.47%), Calcium: 34.36mg (3.44%), Magnesium: 11.67mg (2.92%), Vitamin B3: 0.58mg (2.89%), Vitamin E: 0.41mg (2.74%), Manganese: 0.04mg (1.82%), Vitamin B5: 0.15mg (1.55%), Vitamin B12: 0.09µg (1.5%), Vitamin K: 1.46µg (1.39%)