

Mushroom Meringues



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



360 min.

SERVINGS



24

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups granulated sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup egg whites at room temperature (from 3-4 eggs)
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces chocolate dark
- ☐ 24 servings cocoa powder unsweetened
- ☐ 0.3 teaspoon cream of tartar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ double boiler
- ☐ aluminum foil
- ☐ pastry bag
- ☐ microplane

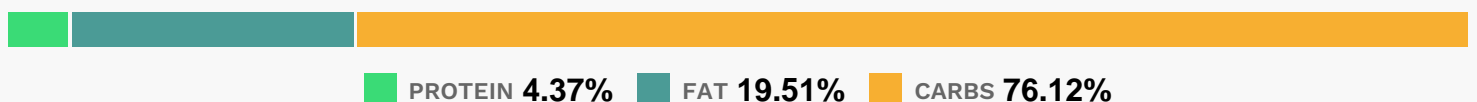
Directions

- ☐ Adjust two racks to divide the oven into thirds. Preheat the oven to 225°F. Line two baking sheets with parchment paper and prepare a piping bag with a large, round tip.
- ☐ In the bowl of a mixer at med-low speed, beat the whites for about half an minute, until they start to get foamy.
- ☐ Add the salt and the cream of tartar. Increase the speed to moderate and beat for another minute until the whites hold a soft shape. Continue to beat on medium and start adding the sugar, one tablespoon at a time, beating 1/2 minute between additions. When half the sugar has been added, add the vanilla, continue beating, and resume adding the sugar as you were before. When all the sugar has been added, increase the speed to high and beat for 7 to 8 minutes or until the meringue is very stiff and the sugar is dissolved (rub some between two fingers to feel for grittiness). Depending on the power of your mixer, the total beating time will be between 15 and 18 minutes.
- ☐ To hold the parchment in place, pipe a little of the meringue onto each of the corners of the baking sheets and press the parchment flat to adhere.
- ☐ Do not allow the meringue to stand. Fit a large pastry bag (or gallon ziploc bag with the corner clipped) with a plain round tip (1/2 to 3/4 inch works best) and fill the bag with meringue. Pipe the stems onto one of the lined baking sheets, by holding the bag at a right angle close to the parchment and pressing the meringue out gently while slowly raising the bag straight up. The base of the stem should be a bit wider for support. Hold the bag with one hand and use a

knife to cut away the stream of meringue with the other. If you get little points on top do not worry, you can shave them away after baking using a microplane. The stems should be 1 – 1 1/2 inches tall. Strain the cocoa through a fine strainer lightly over the stems to imitate soil and natural mushroom coloring.

- ☐ Place in the oven on the high rack. On the other piece of parchment, shape the mushroom caps. Holding the bag straight up and close to the foil, press out flat, even rounds of meringue. The caps should average 1 1/2 – 2 inches in diameter. Sharply twist the bag away when finishing to avoid leaving a bump on the top (smooth over with a knife if you do).
- ☐ Bake for 1 hour and 15 minutes or even longer, until the meringues may be lifted easily from the foil and the bottoms are firm to the touch. The longer they bake, the drier they are (and the better they are too) but they should not be allowed to brown at all as it will affect the taste. Turn the heat off, prop the oven door open slightly, and allow the meringues to dry out even more as the oven comes down to completely cool, approximately one hour.
- ☐ Remove the meringues from the parchment. They may be placed on a clean piece of foil, or parchment. Immediately, while the meringues are very crisp, use a microplane to shave away any points on the tops of the stems, making small, flat surfaces on top for easy gluing to the tops.
- ☐ Weigh out one oz. of chocolate for every five mushroom caps that you have. Chop the chocolate coarsely and warm it over a double boiler until it is completely melted and smooth(not over 115°F). Turn off the heat to avoid burning. Allow the chocolate to come down to 91°F before using. (you can do this by adding additional room temp chocolate)
- ☐ Hold a mushroom cap upside down and use a spoon to spread a thin layer of chocolate around the flat side of the cap. Adhere the stem to the center of the cap in the chocolate.
- ☐ Place the mushroom, stem side up in an empty egg carton to stabilize it. Freeze in the carton, only until the chocolate is completely set (it will go from shiny to matte) but no longer (the moisture will kill the meringues).
- ☐ Remove and store at room temperature.
- ☐ Do NOT store the mushrooms in an airtight container. They should be stored under layers of parchment, in a very cool, dry place.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:12.02, Inflammation Score:-1, Nutrition Score:1.594782617753%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 97.89kcal (4.89%), Fat: 2.21g (3.41%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 18.54g (6.74%), Sugar: 17.84g (19.82%), Cholesterol: 0.14mg (0.05%), Sodium: 33.98mg (1.48%), Alcohol: 0.06g (100%), Alcohol %: 0.26% (100%), Caffeine: 6.08mg (2.03%), Protein: 1.12g (2.23%), Manganese: 0.13mg (6.61%), Copper: 0.12mg (6.19%), Magnesium: 16.34mg (4.09%), Iron: 0.72mg (3.97%), Fiber: 0.89g (3.54%), Phosphorus: 22.66mg (2.27%), Selenium: 1.58µg (2.25%), Vitamin B2: 0.03mg (1.86%), Potassium: 62.98mg (1.8%), Zinc: 0.23mg (1.52%)