

Lemon Beehive Meringues



Ingredients - serves 8:

- egg whites
- teaspoon lemon juice
- 1/4 teaspoon cream of tartar
- 2/3 cup sugar
- 1/2 cup purchased lemon curd
- cup fresh loganberries, blackberries, or other berries

Procedure:

- Let egg whites stand at room temperature in a large mixing bowl for 30 minutes. Meanwhile, line baking sheet with parchment paper. Using a pencil, draw eight 2-1/4-inch circles and eight 1-3/4-inch circles about 1 inch apart on the paper.* Turn paper pencil-side down on baking sheet; set aside. Preheat oven to 300 degrees F.
- Add lemon juice and cream of tartar to egg whites. Beat with an electric mixer on medium speed until soft peaks form (tips curl). Add sugar, 1 tablespoon at a time, beating on high speed about 7 minutes or until very stiff peaks form (tips stand straight) and sugar is almost dissolved.
- Using a pastry bag fitted with a medium (1/4-inch) round tip, pipe a flat base of meringue onto all of the circles on the paper. Pipe a ring of meringue onto edges of each of the 8 larger meringue rounds, building the sides 3/4 inch tall by piping a continuous coil of meringue to form a small shell. For tops, pipe a coil of meringue on smaller rounds to make a cone shape that resembles the top of a beehive.
- Bake 30 minutes. Turn off oven. Let meringues dry in oven, with door closed, at least 1 hour. Remove from paper. Place in an airtight container. Store in a cool, dry place up to 1 week.
- Just before serving, spoon 1 tablespoon of lemon curd into each bottom meringue shell. Place a few berries on lemon curd. Prop top of meringue beehive next to bottom. Makes 8 servings.

Nutrition Information:

calories	141
total fat	1g
saturated fat	1g
cholesterol	15mg
carbohydrate	33g
protein	1g
vitamin C	5%
iron	1%