

Foodnity Recipes

Mini Meringues With Lemon Curd

20 min Prep time	**30 min** Cook time	**50 min** Total time
24 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Meringues

- ▢ 4 large egg whites
- ▢ 1 cup granulated sugar
- ▢ ¼ tsp cream of tartar
- ▢ Pinch of salt
- ▢ 1 tsp vanilla extract

Lemon Curd

- ▢ ½ cup fresh lemon juice
- ▢ Zest of 2 lemons
- ▢ 3 egg yolks
- ▢ ¼ cup sugar
- ▢ 2 tbsp unsalted butter, cut into pieces

Instructions

1. Preheat the oven to 250°F (120°C) and line two baking sheets with parchment paper.
2. In a clean bowl, whisk egg whites with cream of tartar and a pinch of salt until foamy, then gradually add sugar, beating until stiff glossy peaks form; fold in vanilla.
3. Spoon or pipe small mounds onto the prepared sheets, spacing them about an inch apart.
4. Bake for 1 hour, then turn off the oven and let the meringues dry inside for another hour before removing.
5. While the meringues cool, combine lemon juice, zest, sugar, and egg yolks in a saucepan; whisk over low heat until thickened, then remove and whisk in butter until smooth.
6. Cool the curd in a shallow dish, then spoon a small dollop onto each cooled meringue; let set for a few minutes before serving.

Nutrition per serving

85 kcal	2 g	12 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure all bowl surfaces are completely dry; any moisture will hinder the meringue from reaching stiff peaks.
- If you prefer a sweeter curd, increase sugar by a tablespoon.
- For a decorative touch, drizzle a thin line of melted white chocolate over the curd.