

French Walnut Meringues

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Ingredients:

1 cup of sugar.
½ cup of water.
2 medium egg whites.
3 dashes of green food coloring.
½ teaspoon of vanilla extract.
½ cup of walnuts, finely ground.

Directions:

In a small saucepan, combine the sugar and water; place over moderate heat.

Stir the mixture constantly until it begins to boil. Cook until candy thermometer registers 265°F.

While the syrup is cooking, grease cookie sheets with unsalted shortening.

Preheat your oven to 250°F.

Beat the egg whites in a small bowl until stiff, but not dry.

Add the green food coloring to the syrup.

Pour the syrup into the egg whites in a thin stream, beating constantly with an electric mixer. Continue beating until mixture is stiff.

Add the vanilla extract and ground walnuts.

Drop the mixture by teaspoonfuls about 2 inches apart on prepared cookie sheets.

Bake for about 15 minutes or until lightly browned.

Remove the cookies from the sheets and allow to cool on wire racks.