

White Chocolate Meringues with Blackberries

by Nicole Young

3 large egg whites	1 cup (250 mL) whipping cream
¼ tsp (5 mL) cream of tartar	1 tsp (5 mL) vanilla
¾ cup (150 mL) superfine sugar	1 tbsp (15 mL) superfine sugar
1 tsp (5 mL) vanilla	¼ cup (50 mL) blackberry preserves
½ cup (125 mL) finely grated white chocolate	

1. Preheat oven to 200°F (105°C). Line a baking sheet with parchment paper. Set aside.
2. In large clean bowl, use an electric mixer to beat whites until foamy. Add the cream of tartar and beat until soft peaks. Add the sugar, by the spoonful, beating very well after each addition until all the sugar has been incorporated, the whites are stiff and glossy and when you press a bit of the mixture between your thumb and index finger it doesn't feel gritty, about 6 minutes. Beat in vanilla. Gently fold in white chocolate.
3. Spoon mixture into the piping bag (do half at a time if it's easier). Pipe the mixture into 1-inch (2.5-cm) rosettes, in rows onto the prepared baking sheet, leaving a "nest" in the center of each. Bake in the preheated oven for 1 hour to 1 1/2 hours (the time will vary depending on the humidity of the environment), until they are crisp and dry. Turn off oven and leave door ajar until the oven and meringues are completely cool (they are best left overnight).
4. In bowl, beat whipping cream with vanilla and sugar to form soft peaks. Gently fold in blackberry preserves. Spoon into cooled meringue nests just before serving.

Makes about 24 meringues.

