



POWDER

FOR *texture*

molecularrecipe

SOUS-VIDE MERINGUE.

MERINGUE:

150 g EGG WHITES
150 g SUGAR

EQUIPMENT:

POCKET DIGITAL SCALE
EDGE SEALER
1/2 LITRE SIPHON WHIP
SOUS-VIDE MACHINE
WHISK

1. Mix egg whites with sugar in a bowl with a whisk until sugar has dissolved.
2. Seal the mixture in a sous-vide plastic bag with very little air inside the bag.
3. Cook sous-vide at 74°C for 30 minutes.
4. Transfer hot mix into a siphon whip and charge with 2 cream cartridges.
Shaking vigorously after each charge.
5. Dispense for use as a soft meringue.
Glaze the meringue with a blowtorch (or under salamander) lightly, right before serving.

Note: For a meringue that won't whip, mix 5 g icing sugar with 0.3 g **xanthan gum** when mixing the egg whites and sugar.

SOURCE: MODERNIST CUISINE

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