

Monstrous meringues

This sweet treat is sure to hit the spot. Using just two ingredients, this frighteningly simple recipe is so easy and so effective, not to mention delicious too!

PREP: 5 minutes (or 25 minutes if you don't have an electric whisk)

BAKE TIME: 1 hour

MAKES: Approx. 20 ghosts (with a 4-5 cm diameter base)

What you'll need:

- 4 large egg whites (organic if you are able)
- 200 g caster sugar

Method:

Step 1: Preheat the oven to 140 C, gas mark 2.

Step 2: Whisk the egg whites with an electric hand whisk (or try whisking manually if you're feeling strong!) until the mixture is fluffy and stands up in stiff peaks.

Step 3: Add the sugar a spoonful at a time, whisking between each addition. When the mixture is ready, it should be thick and glossy.

Step 4: Either pipe or place your mixture on baking parchment on a large baking tray to create your ghosts. Be sure to leave a little space between each ghost as they expand in the oven.

Step 5: Bake for 1 hour until the meringues sound crisp and hollow when tapped underneath.

Step 6: Once cool, you can add eyes and facial expressions to your ghosts. We found that carefully poking holes into the meringues was very effective, and you can also try using melted chocolate or edible eyes.

Step 7: Enjoy!

Top tip: For a seasonal flavour hit, why not try adding some ground nutmeg or cinnamon for a delicious autumn spice?

