

ENCO

Meringue Powder Recipe Book

UNIQUE VERSATILITY!



What is Meringue Powder?

It is a formulated product based on powdered egg whites, tartar cream and stabilizers, which is used as a substitute for fresh egg whites in some recipes. By being pasteurized, it is safer to use.

ENCO meringue powder is mainly used to prepare Italian meringue (our traditional recipe), royal icing for cookies and to stabilize frostings such as buttercream and whipped creams. Its versatility makes it a great ally when making pastry and confectionery.



The best meringue for your recipes

We have managed to perfect the meringue powder to offer you a product of superior quality and made with the best ingredients.



- **Kosher Certified**
- **Increased stability and performance**
- **Shorter mixing time**
- **Delicious vanilla flavor**
- **Doesn't require refrigeration**



**Presentation
4.4 lb**



**Presentation
8.8 oz**

Uses and Applications

Meringue powder has a great variety of uses! We are ready to show them to you with these amazing recipes so you can get the most out of our product.



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Italian Meringue



Yield: 4-Quart bowl

Ingredients



7 tbsp
Meringue
Powder



1 3/4 cup
Refined
white sugar



7 oz
Water
(for meringue
foam)



5 oz
Water
(for syrup)

Procedure:

1. Meringue foam:

Add **meringue powder** and **7oz of water** to a bowl. Beat at **high speed** until obtaining a **firm foam with triple the volume**. To verify, turn the bowl and if it doesn't fall, it's ready.

2. Prepare the syrup:

Heat the **sugar** and **5 oz of water** in a skillet over high heat. **Boil the syrup for 2-3 min or until reaching a temperature of 230° F**. The time begins to count when the boil is high.

3. Turn the mixer on **high speed** and add the hot syrup in the form of a thread. **Beat for 3-4 min or until the desired firmness is reached**.

Tips:

- Meringue frosting does not require refrigeration and resists up to 104°F.
- Keep meringue covered to prevent it from drying out or becoming chewy.
- Apply the frosting in the first 24 hours of preparation.
- Can be flamed with a blowtorch.

Watch video

American Buttercream



Yield: Half 4-Quart bowl

Ingredients



5 tbsp
Meringue
Powder



2 tbsp
Vanilla
Extract



3 tbsp
Water



8 cups (2 lb)
Icing sugar
(sifted)



1 cup
Vegetable
Shortening



1 cup
Butter

Procedure:

1. Cream the shortening at **medium speed**, add the butter and beat until there are no lumps. The fats should be at room temperature.
2. Gradually add the **icing sugar and meringue powder** and beat at medium speed until fully integrated.
3. Add **vanilla, water or milk** and beat until the desired consistency is obtained. Your buttercream is ready!

Tips:

- This icing is very resistant, it can be kept at room temperature for prolonged periods or in refrigeration.
- Adjust the consistency of your frosting; by adding more or less water or milk.

Watch video

NOTE:

Meringue powder makes it more stable and resistant to heat

Royal Icing



Yield: 2 cups of icing

Ingredients



4 tbsp
Meringue
Powder



4 cups
Icing Sugar
(sifted)



7 tbsp (3.5 oz)
Water

Procedure:

1. Beat all ingredients together at **medium speed** for **1 minute** until icing turns white and with a **stiff consistency** (like toothpaste).
2. Adjust the consistency of your royal icing to **medium** or **flood** by **adding more water**, 1 tsp at a time, until desired consistency is achieved.
3. Paint the royal Icing with the food coloring gels of your preference and use it to decorate the cookies.

Tips:

- Always keep the royal icing covered with plastic wrap or a damp cloth so it doesn't dry out.
- Store in the refrigerator for up to 1 month and let it reach room temperature before beating again.
- Place cookies in front of a fan to speed up the icing's drying process.

[Watch video](#)

NOTE:

Meringue Powder is a must for this recipe. By using it Royal icing sets quickly and won't break your teeth when it dries.

Marshmallows



Ingredients

Meringue base



3.5 tbsp
Meringue powder



7 tbsp
Water

Syrup



7 oz
Refined white sugar



5 tbsp
Water



1 tbsp
Corn syrup

Marshmallow base



1.5 tbsp
Gelatin



4 tbsp
Hot water



1 Lb
Icing Sugar

Procedure:

1. Meringue base:

Add meringue powder and water to a bowl. **Beat at high speed until you get a firm foam.**

2. Syrup:

Add sugar, water and corn syrup to a **saucepan**. Heat until syrup is clear, it doesn't need to boil.

3. Beat meringue base while

adding **syrup in a thin stream**. When you can make firm peaks, it's ready.

4. Marshmallow base:

Hydrate gelatine with hot water. Add gelatin to the meringue mixture and beat briefly to integrate the ingredients.

5. Sprinkle a tray with a bed

of icing sugar, form the marshmallows on top, and cover with icing sugar and they are ready!

[Watch video](#)

Meringue cookies



Ingredients



7 tbsp
Meringue
powder



7 oz
Water



3.5 cups
Icing sugar

Procedure:

1. Add meringue powder and water to a bowl. Beat at high speed until soft peaks form.
2. With the mixer running at medium speed, gradually add the icing sugar. **Beat for 3-4 minutes until meringue forms stiff peaks.**
3. Color the mixture with your favorite Enco Food Coloring Gel and use piping bags to form your meringue cookies on a baking tray covered with wax paper.
4. **Bake for 1 hour at 250°F** until the base of the cookie is lightly toasted (larger sizes will require more time).
5. Let cookies cool and store them in an airtight container or Ziploc bag to retain its crispness. These are great to add to the tops of pies and cakes.

[Watch video](#)

Sturdy Whipped Cream



Ingredients



4 tbsp
Meringue
powder



4 cups
Whipped Cream
(dairy or vegetable)

Procedure:

1. Add Meringue Powder to 4 cups of whipped cream.
2. Beat the cream according to the instructions on the package until you get the desired firmness, and that's all!
3. Meringue powder will help stabilize your frosting and make your decorations better able to withstand heat temperatures.

[Watch video](#)

TIP:

Don't forget to color your frosting with our Food Coloring Gels



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