

# MERINGUE



|        | Monday                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                          | Friday                                                                                                                                                  | Sat                                                                                                                                                                              | Sun |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| WEEK 1 |                                                                                                                                         | <p><b>MAKE FRENCH MERINGUE COOKIES</b></p> <ul style="list-style-type: none"> <li>• 3 large egg whites</li> <li>• 100 g sugar</li> <li>• 50 g powdered sugar</li> <li>• 1/2 tsp vanilla extract</li> <li>• 1/4 tsp cream of tartar</li> </ul>                                                  |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                   |                                                                                                                                                         |                                                                                                                                                                                  |     |
| WEEK 2 |                                                                                                                                         |                                                                                                                                                                                                                                                                                                | <p><b>MAKE FRENCH MERINGUE FOR MERVEILLEUX</b></p> <ul style="list-style-type: none"> <li>• 2 large egg whites</li> <li>• 65 g sugar</li> <li>• 35 g powdered sugar</li> <li>• 1/3 tsp vanilla extract</li> <li>• 1/4 tsp cream of tartar</li> </ul> |                                                                                                                                                                                                                                   |                                                                                                                                                         | <p><b>MAKE CHOCOLATE WHIPPED CREAM</b></p> <ul style="list-style-type: none"> <li>• 90 g dark chocolate</li> <li>• 200 ml heavy cream</li> <li>• chocolate, sprinkles</li> </ul> |     |
| WEEK 3 | <p><b>MAKE SWISS MERINGUE COOKIES</b></p> <ul style="list-style-type: none"> <li>• 2 large egg whites</li> <li>• 100 g sugar</li> </ul> |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                   |                                                                                                                                                         |                                                                                                                                                                                  |     |
| WEEK 4 |                                                                                                                                         | <p><b>MAKE PATE SUCREE FOR LEMON MERINGUE TART</b></p> <ul style="list-style-type: none"> <li>• 125 g butter</li> <li>• 120 g powdered sugar</li> <li>• 30 g almond flour</li> <li>• zest of 1 lime or lemon</li> <li>• 1 large egg</li> <li>• 250 g flour</li> <li>• pinch of salt</li> </ul> | <p><b>BAKE THE TART</b></p>                                                                                                                                                                                                                          | <p><b>MAKE LEMON CURD</b></p> <ul style="list-style-type: none"> <li>• 120 g lemon juice</li> <li>• 2 large eggs</li> <li>• 2 large egg yolks</li> <li>• 120 g sugar</li> <li>• 10 g cornstarch</li> <li>• 80 g butter</li> </ul> | <p><b>MAKE ITALIAN MERINGUE</b></p> <ul style="list-style-type: none"> <li>• 2 large egg whites</li> <li>• 130 g sugar</li> <li>• 50 g water</li> </ul> |                                                                                                                                                                                  |     |

*The quantities are subject to change.*