



Richard Hawke, Consultant Pastry Chef.

Light meringues without egg

Prepare the gelatine: mix 100 g of 200 bloom gelatin with 500 g of cold water. Leave to soak for 1-2 hours, and melt the mixture until completely dissolved. Set aside in the refrigerator.

Method: heat 20% of the purée with the sugar. Add the soaked gelatin once all the sugar has dissolved. Add the remaining purée and mix thoroughly. Set aside in the refrigerator until the mixture has set. Place in a food mixer fitted with the whisk attachment and work the mixture for 35-40 minutes, until smooth and light.

Pipe or transfer to a frame and freeze.

Cut with a knife or shape cutter depending on your required use. You can also pipe into a silicon mold for use as an insert.

	SUGAR	BRIX	FRUIT PURÉE	LIGHT MERINGUES	
				SOAKED GELATIN	SUGAR
Blackcurrant	0%	17,0	1000	203	200
Blackcurrant Noir de Bourgogne	0%	22,0	1000	203	200
Strawberry	10%	17,0	1000	211	244
Fraise Senga	0%	8,0	1000	211	271
Strawberry Senga	0%	10,0	1000	211	271
Wild strawberry & Mara des bois strawberry	0%	10,0	1000	203	244
Raspberry	0%	10,0	1000	203	253
Fruits rouges	0%	11,0	1000	203	244
Red sour cherry	0%	18,0	1000	195	181
Redcurrant	0%	11,0	1000	203	244
Blackberry	0%	11,0	1000	203	234
Blueberry	0%	11,0	1000	211	271
Apricot	0%	12,0	1000	203	217
Sea buckthorn	0%	6,0	1000	220	341
Coing	0%	15,0	1000	203	190
Fig from Provence	0%	22,0	1000	195	171
Kivi	0%	15,0	1000	211	276
Melon	0%	10,0	1000	230	223
Mint	0%	14,0	1000	203	220
Mirabelle plum	0%	22,0	1000	211	244
White peach	0%	10,0	1000	203	260
Ruby peach	0%	12,0	1000	203	244
Yellow peach	0%	11,0	1000	203	222
Williams pear	0%	14,0	1000	323	200
Granny Smith apple	0%	12,0	1000	203	244
Green rhubarb	0%	5,0	1000	220	334

	SUGAR	BRIX	FRUIT PURÉE	LIGHT MERINGUES	
				SOAKED GELATIN	SUGAR
Pineapple	0%	13,0	1000	211	244
Banana	0%	22,0	1000	203	220
Soursop	0%	14,0	1000	211	293
Prickly Pear	0%	12,0	1000	220	301
Passion fruit	0%	13,0	1000	220	301
Exotic fruits	0%	15,0	1000	220	301
Ginger	0%	3,0	1000*	118	207
Pink guava	0%	8,0	1000	220	341
Lychee	0%	14,0	1000	211	293
Mango	0%	18,0	1000	203	236
Coconut	0 %	8,5	1000	203	234
Bergamot	0%	9,0	1000	220	333
Calamansi	0%	10,0	1000	220	333
Lemon	0%	8,0	1000	220	350
Lemon Crushed	0%	8,0	1000	220	350
Lime	0%	9,0	1000	220	350
Kumquat	0%	15,0	1000	211	276
Mandarin	0%	11,0	1000	220	325
Orange	0%	11,0	1000	220	317
Blood orange	0%	12,0	1000	220	309
Grapefruit	0%	10,0	1000	220	325
Sudachi	0%	8,0	1000	220	341
Yuğu	0%	9,0	1000	220	341
Raspberry Mecker, France	0%	10,0	1000	203	234
Passion fruit	0%	13,0	1000	220	301
Abriconilla Fleur de Sel	10%	22,0	1000	203	195
Banalime Ginger	0%	17,0	1000	211	236
Berriollette	10%	20,0	1000	203	220
Cherrymome	10%	27,0	1000	195	163
Espel'peach	0%	10,0	1000	211	244
Exotic Ginger	0%	16,0	1000	211	285
Hibis'pear	0%	16,0	1000	211	263
Lucosis	0%	12,0	1000	220	301
Lych'Y Pink	10%	22,0	1000	203	203
Cara'Tatin	13,3%	31,0	1000	189	103
Red Fennel	10%	16,0	1000	211	260
White almond	0%	74,0	1000*	211	244
Roasted hazelnut	0%	72,0	1000*	211	244
Green pistachio	0%	74,0	1000*	203	236

*Mix 250 g of puree with 750 g of water.