

Meringue Candy Canes

3 egg whites
1/2 tsp. cream of tartar
3/4 cup sugar
1/4 tsp. peppermint extract
Red paste food coloring



In a mixing bowl, beat egg whites until foamy. Add cream of tartar; beat on medium speed until soft peaks form. Gradually add sugar, 1 Tbsp at a time, beating on High until stiff peaks form and sugar is dissolved, about 6 min. Beat in peppermint extract.

Cut a small hole in the corner of a pastry bag; insert star tip #21. On the inside of the bag, brush 3 evenly spaced 1/4" strips of red food coloring from the tip to 3/4 of the way to the top of the bag. Carefully fill bag with meringue. Pipe 3" candy canes onto parchment-lined baking sheets. (Tin foil also works great.) Bake at 225 for 25 min; rotate baking sheets to a different oven rack. Bake 25 min longer or until firm to the touch. Turn oven off; leave canes in oven with door ajar for at least 1 hr or until cool. Yield: 4 dozen.

Recipe from the Taste of Home Christmas Cookies and Candies cookbook

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