



Vegan meringue kisses

MAKES 50 KISSES

PREPPING TIME: 15 MINS

TOTAL TIME: 3.25 HOUR

INGREDIENTS

- 6 tablespoons aquafaba (brine from canned chickpeas).
- 1/4 teaspoon cream of tartar
- 1/2 cup raw sugar
- 1 teaspoon vanilla

TO SERVE

- plant-based yoghurt
- fresh strawberries
- freeze dried strawberry powder (optional)

METHOD

1. Preheat oven to 90 degrees fan bake
2. Strain canned chickpeas into a cup to collect the brine (aquafaba) and measure 6 tablespoons into your bowl
3. Beat brine with a handheld beater or stand mixer on fast for 1 minute
4. Add cream of tartar
5. Beat for a further 4 minutes until stiff peaks form (you should be able to hold the bowl upside down without the contents moving)
6. Start adding sugar slowly one tablespoon at a time with about 20 seconds in between- beat for a total of another 5 minutes on high.
7. Scrape down sides of bowl to make sure all the sugar is incorporated, add vanilla, and beat for a further 2 minutes on high (this will be a total beat time of 12mins).
8. Lay baking paper on a tray, and pipe small walnut-sized kisses onto a tray with a piping bag (or blob them on with a spoon)
9. Bake for 2 hours at 90 degrees, then turn off the oven and allow to cool for a further hour in the oven, do not open the oven during this time or they may flop!
10. Serve with yogurt and strawberries, you can also sprinkle with strawberry powder

Top tips

This recipe is so easy to make but if you are someone who likes to modify and personalize recipes I would suggest you make it a few times exactly as instructed first as there is actually a lot of science happening behind the scenes.

1. I use chickpeas with no added salt, room temperature.
2. You can substitute white granulated sugar for raw sugar. I would not recommend using brown sugar, coconut sugar or icing sugar.
3. You can make this recipe in a stand mixer, thermomix (speed 4 with butterfly attachment) or handheld electric beater. The key is to have a super clean bowl. You can wipe it with a paper towel with vinegar on it just to be sure.
4. The length of time you whisk is important- use a timer for each section, it should end up glossy and super thick by the end.
5. After the 12 minutes of whipping, check that the mixture is smooth and all the sugar has dissolved by rubbing a little mixture between your fingers.
6. If you want to make smaller kisses (say cherry-sized) you can reduce the cooking time to around 1.5 hours as they will cook quicker. I would recommend not opening up the oven and turn it off to allow for cooling.
7. These kisses store best in an airtight container in the fridge for up to 5 days.
8. Lastly, I was not sure if I should share this recipe as none of our other recipes includes sugar, the amount of sugar in this recipe is the minimal I could get to make it work and works out to be less than 1/2 a teaspoon a kiss which I think having a few for a festive treat is still very good compared to a standard dessert.

