

Pear Meringue Tarts - Recipe

Ingredients

- Small, individual sweet/shortcrust pastry cases
- Raspberry jam
- Tinned pears in juice, sliced
- 2 eggs, whites at room temperature
- Pinch salt
- 100g caster sugar
- 2 drops vanilla essence - optional



Equipment - whisk, bowl, 12-hole non-stick shallow baking tray, cooling rack

Method

- 1) Place pastry cases into baking tray.
- 2) Add 1tsp jam to each pastry case.
- 3) Drain the tinned pears, slice, top each jammy tartlet with sliced pear.
- 4) In a bowl separate the egg whites from the egg yolk. Use only the whites in this recipe. Add a pinch of salt to the whites.
- 5) Begin whisking the whites by vigorously swishing your whisk back and forth to break them up until they are foamy. Then start whisking in a more circular motion, lifting the whisk up and out of the egg whites.
- 6) When the whisk leaves a trail, add the sugar and whisk until smooth. Optional - Add a few drops of vanilla essence
- 7) Spoon the mixture carefully onto each tart, covering the filling with the meringue right to the edges of pastry case.
- 8) Bake at 180°C (Gas mark 4) for 10-12 minutes until tops are golden and gorgeous.



Alternatively

Substitute tinned peaches or tinned fruit salad.

Substitute the jam for apricot jam or chocolate spread.