



# Christmas tree meringues

35'  
Hands on

2 hours'  
Hands off

120'  
Cook Time

15  
Portion(s)

2  
Difficulty



## Ingredients

For the meringue

- 150 g egg whites, 5 medium eggs
- 1 pinch salt
- 1 tablespoon(s) [green food coloring paste](#)
- 1 teaspoon(s) [vanilla extract](#)
- 150 g granulated sugar
- 150 g icing sugar

For the whipped cream

- 500 g heavy cream 35%, ice cold
- 2 tablespoon(s) icing sugar
- 2 teaspoon(s) [vanilla extract](#)

To serve

- icing sugar

## Method

For the meringue

- For the meringue, you need a mixer and you need to make sure that its bowl is spotless.
- With the whisk attachment at medium-high speed, beat the egg whites, salt, food coloring paste, and vanilla extract, until fluffy.
- Add the granulated sugar in 10 batches and wait for it to become fluffy.
- As soon as it becomes fluffy and glossy, taste a little of the meringue to check if the granulated sugar is completely dissolved. If it's not dissolved, keep beating a while longer.
- When the mixture is ready, add the icing sugar and beat in the mixer for 10 more seconds, until your mixture is homogenized.
- Preheat the oven to 100°C (212°F) set to fan.
- At the same time, draw 4 stars of a 12 cm diameter, 4 of an 8cm diameter, and 4 of a 4 cm diameter, with a marker on parchment paper pieces.
- Flip the parchment paper onto [baking sheets](#) so that the drawn side is facing downwards.
- Place the mixture into a [pastry bag](#) with a [star pastry tip](#) and start forming the stars on top of the parchment paper that you have drawn.
- With the remaining meringue, make some tree-shaped [Christmas meringues](#).
- Bake for 2 hours.
- Remove the baking sheets from the oven and let the meringues cool completely, for 2 hours.

For the whipped cream

- After the meringues are cooled down, prepare the whipped cream.
- In a mixer's bowl, add the cold heavy cream, icing sugar, and vanilla extract.
- Beat at high speed until the whisk starts leaving lines onto the beaten whipped cream which has a yogurt-like texture. Do not beat it more as it will split!
- The time needed for that depends on the heavy cream's fat, how cold the cream is and how strong your mixer is.
- Then, stop the mixer and remove the bowl.
- If you want to use it right away, beat it for a few seconds with a [hand whisk](#) so that it becomes thicker.
- Transfer into a pastry bag with a star pastry tip.

To assemble

- Start setting your tree by placing a big star onto a platter.
- Divide some of the whipped cream.
- Continue the same meringue-whipped cream process, by starting from the largest star and ending up to the smallest.
- At the top, decorate with one of the Christmas trees that you made from the meringue.
- [Dust](#) with icing sugar and [serve](#).

## Διατροφικός πίνακας

Nutrition information per portion

154 Calories (kcal)	6.4 Total Fat (g)	4.1 Saturated Fat (g)	22.0 Total Carbs (g)
8%	9%	21%	8%
22.0 Sugars (g)	2.2 Protein (g)	0.0 Fibre (g)	0.25 Sodium (g)
24%	4%	0%	4%