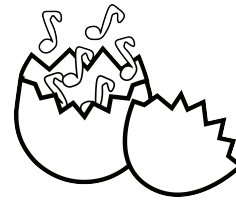


Egg Whites 101



The Beauty of Egg Whites

While eggs are able to help perform many functions in baking, egg whites, whipped to meringue form are fully capable of creating many different products.

Egg whites act as a leavening agent, and even provide the base for many sauces and mousses.

Whipping an egg white well is definitely no easy feat.

Here are some tips as to how you can do so!

Whipping 'aids'



Acid helps support structure.

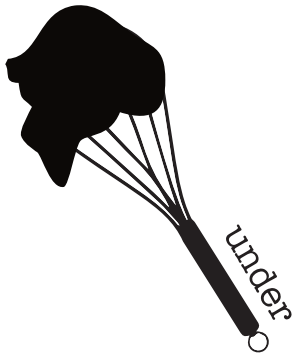
Adding a few drops of lemon juice will help stabilize the meringue.



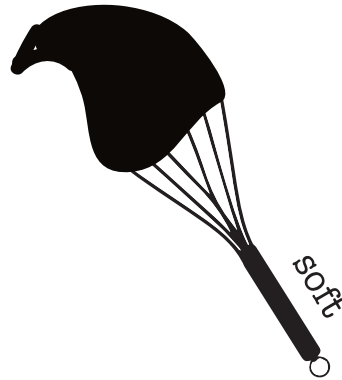
Sugar helps to add flavour & stabilize the meringue.

Add it in slowly to achieve a nice whip.

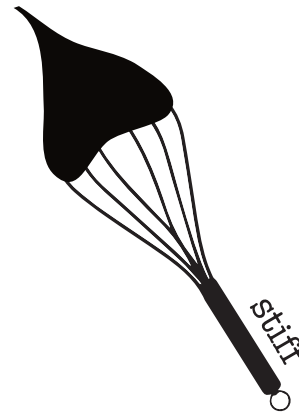
Consistency of Whipped Egg Whites



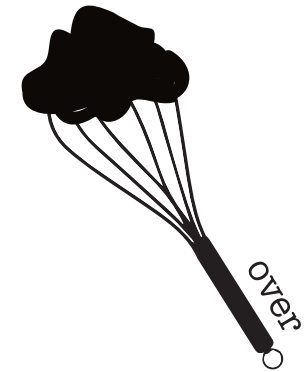
Appearance: Foamy & no peaks
Solution: Just keep whipping!



Appearance: Peaks hold but droop
Solution: Some recipes will call for soft peaks



Appearance: Peaks hold their shape well
Solution: Leave it here. Whip no longer



Appearance: Grainy & clumpy
Solution: Throw away your egg whites
Start again. Sorry :(

