



CHOCOLATE FILLED MERINGUES

Do you think meringues are a mystery of haute cuisine? It's true, but their secret is within everyone's reach! This recipe pairs them with a chocolate cream, making your meringues unforgettable.



INGREDIENTS:

3 egg yolks
300 g powdered sugar
1 lemon
1/2 lt whipping cream
100 g Emilia dark chocolate
4 tbsp powdered sugar



Difficulty
EASY



Preparation
190 min



Portions
8

1

Place a sheet of baking parchment on a baking sheet. Place the egg whites and a small amount of lemon juice in a bowl and slowly beat with an electric mixer. When foam appears, increase the speed. As soon as the egg whites become frothy, add the

sugar little by little and continue beating to mix together. Then slowly add the cocoa and the remaining sugar. When the egg whites are very stiff and shiny, they're ready.

2

Put the mixture in a pastry bag with an embellished nozzle and make 24 discs with a tuft, spaced out with a few centimeters between each one. Bake for about 3 hours at 60°, keeping the oven door slightly ajar with a tea cloth.

3

For the chocolate filling: melt the chocolate in a double boiler with a tablespoon of water and let cool. Whip the cream and powdered sugar with an electric mixer, then delicately fold in

TIP

For a better effect, dust with bitter cocoa powder. And if you have lots of meringues... don't worry, they can be kept for up to 10 days!



the melted chocolate. Seal the bottoms of two meringues to each other with the cream, cool and serve.