



## Meringue Kisses

Recipe Courtesy of Mary Crafts-Homer  
[www.CulinaryCrafts.com](http://www.CulinaryCrafts.com)

### Ingredients

- 3 egg whites, room temperature
- 3/4 cup sugar
- 1/2 vanilla bean
- Large pinch of salt
- 1/4 tsp. cream of tartar
- Gel-paste food coloring

### Directions

1. Preheat a convection oven to 150 degrees. Combine egg whites and sugar over a double boiler. Add vanilla bean seeds. Stir until sugar dissolves and mixture is warm, about 3 minutes. Add salt and cream of tartar.
2. Beat with a mixer on medium-high speed until stiff, glossy peaks form and meringue is almost cool.
3. Using a small paintbrush, paint 2 vertical stripes of food coloring inside a pastry bag. Make sure to get color all the way to the bottom of the bag. (You can use a small round tip, but I have found it works the same without.) Fill bag with meringue, and pipe circles in the desired size. Start with the base at the desired size and gradually pile on top and pull up at the end to create a nice crisp point.

Bake meringues until crisp on the outside but still soft inside, about 1 hour 15 minutes. Let cool completely before removing from sheet pan.