



Berries and Cream in a Nest

Makes 12 small nests

MERINGUE NESTS:

3 egg whites

1/4 tsp cream of tartar

1/3 cup fine white sugar

1/2 tsp vanilla

WHIPPED CREAM:

1 cup heavy whipping cream

2 tbsp powdered sugar

1/4 tsp vanilla

TOP with fresh blueberries, raspberries and blackberries

Make the Meringue Nests:

1. PLACE egg whites and cream of tartar in a deep bowl, metal or glass.
2. BEAT on medium to break up the egg whites until foamy.
3. INCREASE speed to high and whip until soft peaks form. Stir in vanilla.
4. SLOWLY ADD sugar and continue to beat on high until stiff peaks form.
5. FILL a pastry bag with the meringue and pipe into bite-sized nests.
6. BAKE in a preheated 200°F oven for 1-1/2 hours or until the outside of the meringue begins to crisp. Turn off the oven; allow the meringues to continue to dry out, several hours or overnight.

Make the whipped cream:

In a chilled, deep mixing bowl, combine the cold cream, vanilla and powdered sugar. Whisk vigorously by hand, or using the whisk attachment beat in a stand mixer just until stiff peaks form. Do not over beat.

Fill the baked nests with whipped cream:

Pipe the dry meringues with whipped cream and top with berries.