



Make meringue ghosts

Whip up these spook-tacular treats for Halloween.

What you need

- 500g caster sugar
- 250g egg whites
- 1tsp cream of tartar
- Pumpkin spice flavouring:
¼ tsp each of cinnamon, ground nutmeg and ground ginger (optional)
- Edible black ink pen (for the eyes)
- Baking tray
- Baking paper
- Electric whisk
- Piping bag

Instructions

- 1** Heat the oven to 200°C/180°C fan/gas 6. Line a baking tray with baking paper. Pour in the sugar and heat for five minutes in the oven.
- 2** Whisk the egg whites and cream of tartar until they stiffen.
- 3** Add the cooked sugar to the eggs, one tablespoon at a time.
- 4** Pour in the pumpkin spice flavouring. Put the mixture into a piping bag, getting rid of air bubbles.
- 5** Line your baking tray with fresh baking paper. Cut off the bottom inch of the piping bag and squeeze a wibbly ghost shape.
- 6** Put the tray in the oven for 40-50 minutes, then draw on the eyes and a mouth with an edible pen.

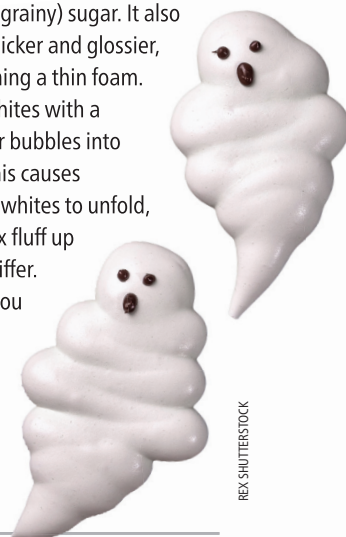
Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy



Whisk the egg whites until peaks form.

How does it work?

Some meringue recipes add room-temperature sugar to the egg whites, but this one cooks the sugar ahead of time. This is because heating the sugar creates a smoother mixture, which dissolves better inside the meringues than granular (grainy) sugar. It also makes them thicker and glossier, instead of forming a thin foam. Beating egg whites with a whisk forces air bubbles into the mixture. This causes proteins in the whites to unfold, making the mix fluff up and become stiffer. Finally, when you bake the meringue, water is driven off, making your ghosts harden up.



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