

Chew Chew meringue nests

INGREDIENTS

4 large eggs whites
200g caster sugar
black gel or paste food colouring

To decorate

250g royal icing sugar
gel or paste food dyes in pink, orange, green, yellow, blue
Sprinkles
500g strawberries and raspberries

METHOD

1 Heat the oven to 120C/100C fan/gas ½. Line two baking sheets with baking parchment. Draw 7 x 6cm circles and 7 x 2.5cm circles on the paper in pencil. Flip the parchment over so the pencil is facing towards the baking sheets. Whisk the egg whites in a large clean bowl with an electric hand whisk on a low speed for 4 mins until the whites hold soft peaks. Turn the speed up to high and whisk the sugar in 1 tbsp at a time until the meringue is thick, stiff and glossy.

2 Spoon 40g of the meringue into a separate bowl and dye black. Put this in piping bag fitted with a small round nozzle or a disposable piping bag with the end snipped off to make a small hole. Put the remaining white meringue into a large piping bag fitted with a 1cm wide round nozzle.

3 To pipe the base of the nests, start in the middle of one of the 6cm templates and pipe concentric circles of white meringue until you meet the edges. Sticking to the edge of the circle pipe two rings on top of the base to make the walls of the nest. On top of this pipe two small curves of meringue to form the front of Chew Chew's dress. Repeat with the remaining 6cm templates.

4 To make Chew Chews face pipe a blob of white meringue in one of the 2.5cm templates. Pipe on ears, eyes and a nose with the black meringue. Repeat with the remaining templates. [If you have enough meringue left over, make another nest and face].

5 Bake for 20 mins then lower the oven temperature to 100C/80C fan/gas ¼ and bake for 1 hour.

6 To decorate mix the royal icing sugar with 50ml water to make a stiff but easy to pipe icing. Use some of the white icing to stick Chew Chews heads onto the nests. Divide and dye the remaining icing with the colours you want to use for decorating the dress and Chew Chews face. Once the icing has dried, fill the nests with berries to serve.