

Merenguitos Dormidos (Sleeping Meringues)

Makes 48 small meringues or 32 large meringues

To make these sleeping meringues, place them inside a blazing-hot oven then immediately turn the oven off and leave them to bake overnight. The outside crisps up while the center stays soft and chewy. I was given this recipe by my friend María Budet who acted as her grandmother's puntista when they made them together, dropping a teaspoon into the freshly whipped meringue then pulling it up to make sure it formed a tail and was at the right point to be piped.

5 large egg whites (3/4 cup) at room temperature

1 ½ cups sugar

1 teaspoon lime juice

Preheat the oven to between 400°F and 450°F (see note). Line two 13 x 18 x 1-inch baking sheets with parchment paper or a nonstick liner.

Using a hand beater or stand mixer fitted with the whisk attachment, beat the egg whites on low speed until foamy, about 1 minute. Increase the speed to medium-low and add the sugar one tablespoon at a time until the meringue holds soft peaks, about 5 minutes. Add the lime juice. Gradually increase the speed to high and continue to beat the meringue until it forms glossy, firm peaks, an additional 3 to 5 minutes.

Using a pastry bag with the star attachment, pipe the meringues onto the prepared baking sheets in the desired shape or drop small mounds onto the sheet with a spoon.

Place both baking sheets into the preheated oven, close the door, and immediately turn the oven off. Leave the oven unopened for at least 8 hours or up to 12 hours.

NOTE: The oven should be preheated to 400°F for small meringues and 450°F for larger meringues. Prepare all the baking sheets before opening the oven. Once it is preheated, it should only be opened once to insert all the baking sheets at once.

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