

## CHOCOLATE STRAWBERRY MERINGUES

### Yield

6 servings

### Ingredients

2	egg whites	2
½ tsp	vanilla	2 mL
¼ tsp	cream of tartar	1 mL
½ cup	sugar	125 mL
Filling		
¼ cup	sugar	50 mL
2 Tbsp	cornstarch	30 mL
2 Tbsp	cocoa	30 mL
1 ¾ cup	milk	425 mL
½ tsp	orange peel, finely shredded	2 mL
6 - 12	strawberries, sliced	6 - 12
	slivered orange peel, optional	

### Directions

Cover a baking sheet with foil. Draw 6, 3 ½ diameter circles on the foil. Preheat oven to 300°F. Beat egg whites, vanilla and cream of tartar with an electric mixer on medium speed until soft peaks form. Gradually add sugar, beating on high speed until stiff peaks form and sugar is almost dissolved. Pipe or spoon some of the mixture onto each circle on the foil, building up the sides to form shells. Bake for 30 min. Turn off oven; let shells dry in the oven with the door closed about 1 hour.

Filling: In a heavy saucepan combine sugar, cornstarch and cocoa powder; add the milk. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 min more. Remove from heat; stir in orange peel. Pour into a bowl. Cover with plastic wrap. Refrigerate, without stirring, for at least 2 hours or until serving time.

To serve: spoon filling into the shells. Top each with strawberries. Garnish with slivered orange peel.

### Nutrient Content

Per Serving: Energy: 190.1 Kcal · Carbohydrate: 36.1 g · Protein: 5.2 g · Fat (Total): 3.5 g · Calcium: 108.5 mg