



CONGRESS TARTS AND ALMOND/ MACAROON SLICES

	Kg	grams	Method
Ingram's Mac Paste	2	0	Whip the Ingrams Meri-white solution to a very firm peak. Fold half the whipped Ingrams Meri-white into the Ingrams Macaroon Paste or Ingrams MacPaste and mix until smooth. Lightly fold in the remainder of the foam.
Whipped Ingram's Meri-white solution (Reconstitute 112 grams Ingram's Meri-white to 570 grams Cold Water)	0	340	
	2	340	

CONGRESS TARTS: Line patty tins with Sweet Short Paste. Pipe in a spot of good quality red jam, followed by bulb of the above filling. Bake at 191 C

ALMOND/MACAROON SLICES: Line baking tray with Sweet Short Paste. Cover surface of pastry with a thin layer of good quality red jam before spreading on above filling to approximately 3/8" thickness. Sprinkle with flake almonds. Bake at 191 C.
Cut into slices. 0.5cm.

MERI-MALLOW SNOWBALLS

	kg	grams	Method
Mallow	2	400g	Place mallow in grease-free machine bowl fitted with beater and beat for 1 minute on second speed. Feed Ingrams Meri-whites solution into Mallow on slow speed and then beat on top speed until maximum bulk is obtained. Continue mixing for a further 2-3 minutes to obtain a dry mallow which can be handled with ease.
Ingrams Meri-white solution (Reconstitute 112 grams Ingram's Meri-white to 570 grams cold water)	0	682g	
Dark Chocolate – Flavoured Covering	1	250g	
Medium Desiccated Coconut	1	600g	

Pipe into bulbs approximately 2” in diameter on to a bench or tray which has been liberally dusted with fine desiccated coconut. The piped bulbs may then be either piped or enrobed in Dark Chocolate. Invert the enrobed snowballs into a tray of medium desiccated coconut, ensuring that they are entirely coated with coconut before placing into paper cups.

COLD MERINGUES

	kg	grams	Method
Ingrams Meri-white	0	75g	Dissolve Ingrams Meri-whites in water and place in grease-free bowl fitted with whisk. Commence whisking on top speed.
Cold Water	0	500g	
Granulated Sugar	1	0	Feed granulated sugar into above over a period of 4 minutes and then continue whisking until a full peak is obtained.

FOR QUICK DRYING: Bake at 121 C for approx 2.5- 3 hours.

FOR SLOW DRYING: Place in “falling” oven or prover at 93 C and leave overnight.

FOR SOFT CHEWY MERINGUE: Bake at 127-129 C for approximately 1.5 hours.

NOTE; This Meringue is ideal for “Flashing” in the preparation of Lemon Meringue Pie. Baked Alaska etc.

COCONUT MERINGUES

	kg	grams	Method
Ingrams Meri-white	0	85g	Dissolve Ingrams Meri-whites in water and place in a grease-free bowl fitted with a whisk. Whisk on top speed, adding sugar for a period of approximately 2-3 minutes.
Cold Water	0	570g	
Granulated Sugar	2kg	0	Continue whisking until full peak is obtained. Fold coconut into meringue by hand sieve.
Medium Desiccated Coconut	450g	0	

Pipe on to greaseproof paper or lightly greased and floured baking sheets. Sprinkle with medium desiccated coconut. Baking temperature 93 C. Finally, flash in a hot oven for a few minutes.

GLACE COMPOUNDS FOR COLOURED AND FLAVOURED MERINGUE SHELLS

PINEAPPLE, ORANGE, RASPBERRY, COFFEE AND CHOCOLATE.

Glace Compounds from The Ingrams range may be used to introduce a wide selection of attractively coloured and flavoured meringues. These **Glace Compounds** are recommended to be used at the rate of from 4% up to 9% of meringue and should be incorporated by stirring through the whipped meringue immediately prior to piping out.

NOTE: Due to the humectants properties of **INGRAMS GLACE COMPOUNDS** the meringue shells should be thoroughly dried out and stored in a dry atmosphere until required for use.

BOILED OR ITALIAN MERINGUES

	kg	grams	Method
Granulated Sugar	2kg	720g	Place in tinned copper saucepan and heat slowly until all sugar is dissolved and the syrup is about to boil. Remove scum, turn up gas and boil rapidly to 118 C. (Soft Ball Degree). Whip to a dry foam. When the above syrup reaches 118 C, add in a steady stream to the whipped foam on second speed. Continue whipping on second speed for 4 minutes before finally whipping on top speed for a further 4 minutes.
Water	0	700g	
Cream of Tartar	0	4g	
Ingrams Meri-white solution (Reconstitute 85 grams Ingram's Meri-white to 570g cold water)	0	650g	

ROYAL ICING

	kg	grams	Method
Ingrams Meri-whites	0	75g	Dissolve Meri-White and water together and place in a grease-free bowl fitted with a beater. Add gradually on slow speed, beating until a firm peak is obtained.
Cold Water	0	500g	
Icing Sugar	3kg	0	

NOTE: Due to the excellent aerating properties of **Ingram Meri-whites** the Royal Icing will attain the desired peak more rapidly than when using normal albumen.

RUN OUT WORK: Let down the Royal Icing to the desired consistency with a solution of **Ingrams Meri-whites** reconstituted at the rate of 75 grams **Ingrams Meri-white** to 500g cold water.

STOP PRESS: **Ingrams Meri-whites** Royal Icing is Ideal for the topping of ALUMETTES. Just add a little water to the prepared Royal Icing to assist spreading on to the puff pastry and bake off to obtain a light golden brown topping.

COCONUT SLICES AND COCONUT COOKIES

	kg	grams	Method
Ingrams Meri-white solution (Reconstitute 75 grams Ingram's Meri-white to 500g cold water)	1kg	300g	Dissolve Ingram's Meri-whites in water and place in grease-free bowl. Place Ingrams Meri-white solution, Caster Sugar, Fine Coconut and Flour into machine bowl fitted with beater and mix together. Add margarine/ butter and mix. Add baking powder and mix thoroughly for 3-4 minutes.
Caster Sugar	2kg	0	
Fine Desiccated Coconut	1kg	360	
Bakers' Grade Flour		170g	
Melted Butter or Margarine		170g	
Baking Powder		22g	

COCONUT SLICES: Line a 30"x18" baking sheet with PASTRY MIX Sweet short Paste. Spread with a thin layer of Lemon Curd or good quality jam. Place on the prepared coconut mixture and spread evenly. Bake at 204 C for 20-25 minutes. When cold, turn out of sheet tin, cut into squares or finger shapes, diagonally or spins with Dark or Blended Chocolate Covering.

COCONUT COOKIE: Pipe above coconut mixture on to baking sheet lined with silicone paper and bake at 188 C for approximately 20-25 minutes. When cool, remove from tray and coat undersides with Light, Dark or Blended Chocolate Flavoured Coating.

JAPONAIS BISCUITS

	kg	grams	Method
Ingrams Meri-white		85g	Dissolve Ingram's Meri-whites in water and place in grease-free bowl with sugar and Cream of Tartar. Whisk to a stiff meringue on top speed.
Cold Water	0	570g	
Caster Sugar	0	450g	
Cream of Tartar	0	4g	
Ground Almonds, Hazel Nuts or Mixed Nuts	450g		Sieve together. Fold lightly through the above meringue by hand and clear.
Caster Sugar	450g		

Pipe on to greased and floured baking sheets, pressing the bulbs slightly flat before baking.

COCONUT PYRAMIDS

	kg	grams	Method
Granulated Sugar		283g	Place the granulated sugar and water in a saucepan and bring to the boil.
Water		170g	
Ingram's Meri-white solution (Reconstitute 75 grams Ingram's Meri-white to 500g cold water)		170g	Whisk to a stiff meringue. When above Granulated Sugar and water are just boiling, add to Meringue and continue whipping until stiff.
Caster Sugar		340g	
Medium Desiccated Coconut	1kg	20g	Add coconut, mix thoroughly to clear.

Shape into pyramids and place on greased and floured baking sheet. Allow to dry off 1 – 2 hours and bake at 204 C until required colour is attained.

MACARON BISCUITS

	kg	grams	Method
INGRAMS MAC PASTE	2kg	0	Whip the Ingram's Meri-whites solution to a very firm peak. Fold half the whipped Ingram's Meri-whites into the Ingram's Mac Paste and mix until smooth. Lightly fold in the remainder of the foam.
Whipped Ingrams Meri-whites Solution (Reconstitute 75 grams Ingram's Meri-white to 570g cold water)		200g	

Pipe on to rice paper. Bake at 177 C