

meringue ghostly goodies

Give the kids a fright with these creepy, ghostly meringues. Created by the devilish imagination of MasterChef Winner Mat Follas, they're easy to make and a fun treat this Halloween.

makes 20 ghosts

prepare: 20 minutes **cooking:** 90 minutes

ingredients

2 happy egg whites
100g caster sugar



method

Whip the happy egg whites until soft peaks are formed. Add caster sugar slowly, and continue whipping until firm peaks are formed. Spoon mixture into a piping bag.

Place a sheet of greaseproof paper onto a baking tray and pipe individual ghost shapes onto the greaseproof paper. Bake in a preheated oven at 80°C/176°F/Gas Mark ¼ for 1 ½ hours

Mat's Top Tip: *If your oven doesn't have a temperature setting this low, bake at 100°C/212°F/Gas Mark ¼ for 1 hour.*

Leave to cool on a rack. Melt a little chocolate and use a toothpick to draw eyes and mouths. Don your 'wickedest' party clothes ready for Halloween!

the
happy
egg^{co.}



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Recipe created exclusively for the happy egg co.
by Mat Follas, BBC MasterChef Winner

