

Meringue Mushrooms:

Original recipe

There are several recipes for meringues. This one was taken from the Joy of Baking. Link can be found at the end of this document. You can also search YouTube for her instructional video. I have included her tips here, but also my own tips and results from my first attempt at their construction. I hope you find them helpful!

Preparation:

You will need two baking sheets lined with parchment paper.

Preheat your oven to 200 degrees F (100 degrees C) and place two oven racks in the upper and lower thirds of your oven.

Meringue Mushrooms:

3 large (90 grams) egg whites, at room temperature

1/4 teaspoon cream of tartar

3/4 cup plus 2 tablespoons (180 grams) powdered sugar

1 ounce (30 grams) semi sweet or bittersweet chocolate, melted
(can also use dark chocolate candy melts or wafers)

Cocoa for dusting

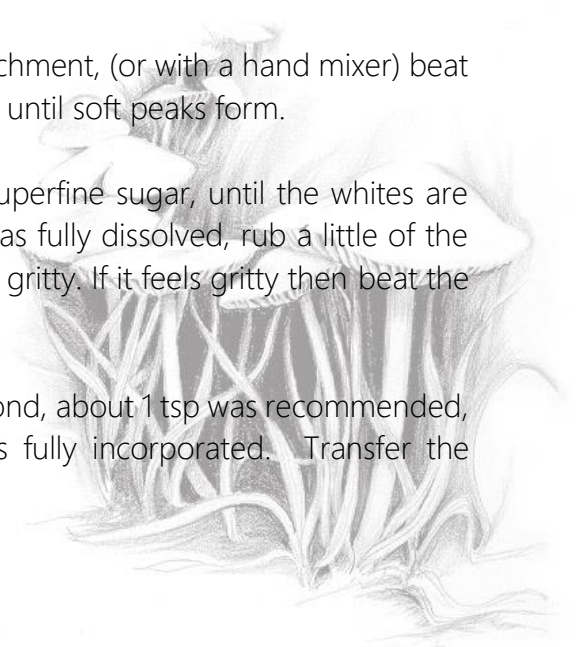
(I used dual extracted mushroom powder to add the energy of the forests, and the wisdom of the ancient knowledge found there, it also marks them as 'true' intentional mushrooms in the creation of this mushroom ring. The main aspect of a Fairy Ring.

Mix the magick!

In the bowl of your electric mixer, fitted with the whisk attachment, (or with a hand mixer) beat the egg whites and cream of tartar, on medium low speed until soft peaks form.

Continue beating, on high speed, gradually adding the superfine sugar, until the whites are shiny and hold stiff peaks. (To make sure that the sugar has fully dissolved, rub a little of the meringue between your fingers. It should feel smooth, not gritty. If it feels gritty then beat the meringue a little more.)

If you want to add a flavour, such as Vanilla Extract, or Almond, about 1 tsp was recommended, please do so now and continue whipping to ensure it's fully incorporated. Transfer the meringue to your piping bag.



To Pipe Caps: Provided Instructions: Holding the pastry bag upright at the height you wish your mushroom to be (1inch for the 2inch diameter mushroom is recommended). Pipe till it spreads to fill the circle, do a gentle circle motion as you release the piping. Smooth out any tips on the tops of the meringues using a wet fingertip.

– **My Tips:** I personally made a template in Word (because I am a nerdy-geek like that) with some at 2", a few at 1.5 and a few at 1.75 because I wanted a more natural look. I liked the end result of having the different sizes. I think it helped with the authentic feel!

To Pipe Stems: Provided Instructions: Holding the pastry bag upright and close to the parchment paper, and with even pressure, pipe the meringue into a cone-shape that is about 1 inch (2.5 cm) high. Try to keep the stems as straight as possible. Some of the stems may fall over during baking, so it is best to make a few extra stems.

– **My Tips:** This was the first time I made these and the stems were tricky. Definitely keep them short and fat (like me, heehee)

Dust with powder for an earthy look! Use a fine mesh strainer filled with cocoa and lightly sprinkle in random patterns over the mushrooms and stems. Pro Tip from the original website (see below) : was to use a piece of paper to 'fan' the excess off the caps and stems, it gives it a more natural smudged look!

– **My Tips & Results:** I tried it, but I think because of how humid the conditions were when I prepared mine, the powders stuck fast and furious to the meringue :P, so this tip didn't work. I will try again in the fall when I make them again! I also generally prefer, and recommend using those little ball tea strainers when doing any 'dusting'. Instead of cocoa, I used my dual-extraction mushroom powders! They are one of my favourite magickal tools in my kitchen and healing cabinet. I purchase mine from HarmonicArts.ca They each share their own unique earthy colour, taste and energy. I did some with just one powder, and mixed and matched with the others, and I think that's what helped give them the realistic look you all commented on! Was so thrilled you loved them by the way!

Bake the meringues for about 1 1/4 to 1 1/2 hours, or until the meringues are firm enough that they easily release from the parchment paper without sticking. Humidity will affect how long. Below is the link to the website where the original recipe was acquired, they also have a video on YouTube with some tips and tricks!

Once baked, The Joy of Baking noted she likes to leave them in the turned off oven at least a couple of hours (or preferably overnight).

– **My Tips & Results:** I tried this as well, but again, humidity won out. I put the caps in the fridge and they help up well, but the stems would not dry out. It's definitely a good idea to make twice as many stems as caps as some make break once dried out, or, if conditions are humid like mine, they will melt in on themselves. I even tried freezing the stems. But as soon as I started handling them... whawah... no joy! Lol.

To attach the mushroom stems to the caps, spread the bottom of each mushroom cap with a little melted chocolate (acts like a glue). Then gently press the top of a stem into the center of the mushroom cap. Let the chocolate dry by placing the meringue mushrooms upside down on a baking sheet.

Store in an airtight container for several weeks. If you live in a humid climate, I find it best to store the meringue mushrooms in the refrigerator.
Makes about 24 - 2 inch (5 cm) Meringue Mushrooms

Original Recipe:

<https://www.joyofbaking.com/MeringueMushrooms.html#ixzz6x0nvWLbC>

