

Delightful Almond Meringue Sandwiches: The 3-Ingredient Dessert That Melts in Your Mouth

The Elegant, Melt-in-Your-Mouth Delight: Almond Meringue Sandwiches



TIME
30 min

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INGREDIENTS

For the Meringues:

For the Filling:

DIRECTIONS

1. Follow these simple steps for meringue perfection. Remember: low and slow is the key to a crisp, fully dried meringue.
2. Prep the Oven and Pan: Preheat your oven to 225°F (110°C). Line a large baking sheet with parchment paper. This is crucial for preventing sticking and ensuring easy removal.
3. Beat the Egg Whites: In a very clean, grease-free bowl, beat the 4 room-temperature egg whites with the cream of tartar on medium speed until soft peaks form. The peaks will curl over slightly when you lift the whisk.
4. Add Sugar Gradually: Gradually add the granulated sugar, one tablespoon at a time, while the mixer is running on high speed. This allows the sugar to fully dissolve. Once all the sugar is incorporated, add the vanilla extract. Continue beating until stiff, glossy peaks form. The mixture should hold its shape when you lift the whisk, and look smooth and shiny.
5. Pipe the Meringues: Transfer the meringue mixture into a piping bag fitted with a star or round tip (or simply use a large spoon). Pipe 1-inch to 2-inch rounds onto the prepared baking sheet, leaving about an inch of space between each. Aim for an even number of meringues for matching pairs.
6. Bake Low and Slow: Bake the meringues for 1 hour. Then, turn the oven off and leave the meringues inside to cool completely for at least another hour, or even better, overnight. Do not open the oven door during this cooling process-this is how they fully dry out and become crisp.

7. Assemble the Sandwiches: Once the meringues are completely cool, gently lift them off the parchment paper. Spread a generous dollop of freshly whipped cream on the flat side of one meringue. Sprinkle with sliced almonds. Top with a second meringue.
8. The Final Flourish: Lightly dust the finished sandwiches with powdered sugar just before serving for an elegant look.

SWAPS & NOTES

Egg Whites 4 large Must be room temperature for best volume.

Granulated Sugar 1 cup Standard white granulated sugar.

Cream of Tartar 1/2 tsp Stabilizes the egg whites, essential for stiff peaks.

Vanilla Extract 1 tsp Adds a lovely, subtle aroma and flavor.

TIPS FOR SUCCESS

No Fat Allowed: Meringue success hinges on clean equipment.

Any residual grease or egg yolk will prevent the egg whites from whipping up properly.

Wash your bowl and whisk attachments with warm, soapy water, rinse well, and even wipe them down with a little white vinegar.

Room Temperature Eggs: Cold eggs separate easier, but room temperature egg whites whip up to a much higher volume.

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