

R e c i p e

VEGAN CHOCOLATE MERINGUE KISSES

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Recipe: **LAUREN CARIS SHORT**

INGREDIENTS

Aquafaba from one 400g can of chickpeas, simmered down by half of which 75g total are needed for this recipe

200g Casted Sugar

50ml Water

50g 70% dark chocolate

Pinch of cream of tartar

Ganache Filling

150g 70% dark chocolate

120ml canned Coconut Milk

Gold Leaf for decorating



CATEGORY
Dessert



ISSUE
sisterMAG49

STEP 1

Drain the liquid from one 400g can of chickpeas and transfer it into a small saucepan. Simmer until the liquid has reduced by half. Put into a glass jar and place in the fridge overnight.

STEP 2

Preheat the oven to 110°C.

STEP 3

When you're ready to make the meringue, measure out 75g of aquafaba into the bowl of a stand mixer and add a pinch of cream of tartar. With the balloon whisk attachment, whisk on high speed until you have a mixture with soft peaks.

STEP 4

While this is whisking, place the caster sugar and water into a saucepan and bring to a boil until the mixture reaches 117°C. Once it reaches this temperature, turn the stand mixer onto a medium speed and very slowly pour in the sugar mixture. Once you have added it all, turn the mixer back up to high speed and whisk for another 5 minutes, or until the bowl is cool. Once finished you will have a glossy meringue mixture.

STEP 5

Melt the dark chocolate and drizzle on top of the meringue and very gently fold it through just a couple of times - be careful not to overmix it.

- STEP 6** Put the meringue mixture into a piping bag with a round piping tip and pipe small dollops onto a flat baking tray lined with parchment paper. As you release the pressure from the piping bag, lift it away to create the little “peak” on top of the meringue kiss. Bake for 2 hours, then remove from the oven and allow to cool completely overnight.
- STEP 7** If desired, decorate each meringue kiss with a little gold leaf by using a brush to brush a tiny amount of water on the surface and gently placing the gold leaf onto it.
- STEP 8** To make the ganache, break the dark chocolate into a heatproof bowl. Heat the coconut milk in a small saucepan until simmering, then pour over the chocolate. Let it sit for a minute, then stir until you have a glossy ganache. Allow the mixture to cool and thicken up a little until it's a pipeable consistency, then pipe onto one meringue kiss and sandwich with another one. Let cool completely and enjoy!
- STEP 9** Store in an airtight container for up to 5 days.