

Recipes:

<http://eggs.mb.ca/recipes/cakes/buttery-cupcakes-with-raspberry-frosting>

Buttery Cupcakes with Raspberry Frosting

Ingredients:

2 cups (500 mL) all-purpose flour
4 tsp (20 mL) baking powder
½ tsp (2 mL) salt
1 ½ cups (375 mL) sugar
½ cup (125 mL) butter
1 cup (250 mL) milk
1 tsp (5 mL) vanilla
3 eggs

Instructions:

Preheat oven to 350°F (180°C). Prepare a 12-cup muffin pan with paper cup liners. In a large bowl, sift flour, baking powder and salt. Stir in sugar; add butter, milk and vanilla and beat with an electric mixer at low speed for 30 seconds, then at medium speed for 2 minutes. Add eggs and beat two more minutes. Pour into prepared pan and bake for 25- 30 minutes until a wooden toothpick inserted into the center comes out clean. Let cake cool completely before icing.

Raspberry Frosting

6 oz. (170 g) fresh or frozen raspberries
1 cup (250 mL) butter
4 ½ - 5 cups (1.125 mL – 1.250 mL) icing sugar

Process raspberries in food processor. Press through a fine sieve. Measure out ½ cup (125 mL) puree. In a large bowl, cream butter until softened. Add icing sugar alternately with puree and beat well. Add additional puree or icing sugar to reach desired consistency.

Nutrients per serving:

Calories 620.4
Carbohydrate 90.6 g
Protein 5.4 g
Fat 27.5 g
Sodium 389.4 mg
Fibre 1.5 g

<http://eggs.mb.ca/recipes/pies-tarts/basic-meringue>

Basic Meringue

Ingredients:

3 egg whites
¼ tsp (1 mL) lemon juice
¼ cup (50 mL) sugar

Instructions:

Beat egg whites with lemon juice until frothy. Gradually beat in sugar until mixture forms soft peaks. To obtain stiff peaks, continue beating. Spread over hot filling. Bake in 425°F (220°C) oven for 4 to 5 minutes or until meringue is golden or microwave on MEDIUM-HIGH (70%) for 3 to 4 minutes or until set. Makes enough for a 9-inch (23 cm) pie.

Tips:

Use a glass or metal bowl; plastic bowls can have a greasy film which can prevent foaming.

Check to be sure sugar is dissolved by rubbing a little of the beaten meringue between your thumb and forefinger. If it feels gritty, beat a little longer.

To bake meringues, spray baking sheets with non-stick vegetable coating or line with parchment paper.

Separate the eggs while still cold. Be sure no yolk slips in with the white to interfere with the foam formation.

Let egg whites stand at room temperature for about 20 minutes after separating. They will whip to a greater volume than if beaten when cold.

Nutrients per serving:

Calories: 210

Carbohydrates: 42 g

Protein: 11 g

Fat: 0 g

Sodium: 160 mg