

MAPLE MERINGUES

WITH VINEGAR-INFUSED BERRIES

Berries are Paleolithic man's antioxidant, and they are amazing macerated in apple cider vinegar for a little acidic zing. They work really well with the sweetness of the maple meringues. I also love making mini meringues to eat with Choco-Hazelnut Hummus (page 163). Don't forget to save the yolks for Mint Mayonnaise (page 81).

Preheat the oven to 225°F (110°C, or gas mark 7). Line 2 to 3 flat baking sheets with parchment paper and set aside.

Wipe a cut lemon (or small amount of vinegar) around your mixing bowl and your whisk, and wipe dry. This ensures the bowl is clean and won't affect the volume of your egg whites.

To make the meringues, put the egg whites in the clean bowl with the cream of tartar and whisk until stiff. Next, add the maple syrup in a slow stream while whisking, until the mixture is very stiff and shiny.

Spoon heaped tablespoons of the mixture onto the parchment paper and bake for 2 hours. Turn the oven off and leave the meringues inside to cool down completely for at least 3 hours, even overnight.

Meanwhile, make the berries. Put the blackberries, raspberries, orange juice and apple cider vinegar in a medium bowl. Mix together well, crushing slightly with a spoon. Set aside to infuse.

To serve, place a meringue on a plate with a spoonful of the vinegar-infused berries on the side.

MAKES 10 TO 12

PREP TIME:

15 MINUTES

COOK TIME: 2 HOURS,

PLUS 3 HOURS COOLING

MERINGUES

3 large egg whites

Pinch fine sea salt

Pinch cream of tartar

½ cup (161 g) maple syrup

BERRIES

6 oz (170 g) fresh

blackberries

6 oz (170 g) fresh

raspberries

Juice of ½ orange

1 tablespoon (15 ml) raw

apple cider vinegar

2

Egg whites

AIP COMPLIANT Omit meringues.

FREEZER-FRIENDLY Yes

LOW FODMAP Sub strawberries for

blackberries.

COCONUT-FREE Yes