

Ingredients:

* Egg whites
* Lemon juice
* Caster sugar

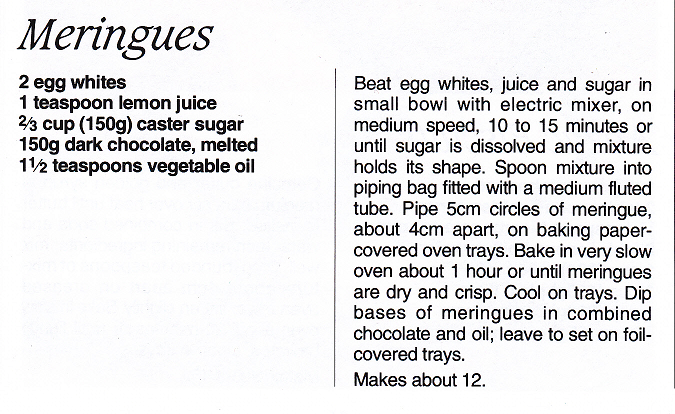
Equipment:

* Bowl: Beat and blend ingredients in.
* Piping bag: Pipe shapes with the mixture.
* Baking tray and baking paper: To place meringues.
* Oven: To bake.
* Spoon: Scoop out the mixture into the piping bag.

Process

* Dissolve: To add a dry ingredient into a liquid and then mixing it to make sure not visible particles are seen in the liquid.
* Beat: To stir rapidly.
* Spoon: An action that involves scooping the ingredients and placing it into something else.
* Bake: To cook food in an oven
* Combine: To mix to ingredients together until they are inseparable.

Recipe





Health & safety procedures

* Make sure all utensils are clean.
* If using any electrical appliances, switch off power after use.
* Keeping personal hygiene, e.g. washing hands, wearing an apron, etc.
* Cover the food if it is not being handled with.
* Once the product is finished, put it inside the fridge to avoid food contamination or bacteria growth.