

Recipe: meringue milk

Ingredients for 6 people

- 1 litre milk
- 300 gr. sugar
- 1 cinnamon stick
- lemon peel
- 3 egg whites

Source:

<http://www.gallinablanca.es/receta/leche-merengada-6351.aspx>

Preparation

Heat the milk, cinnamon stick and lemon peel in a saucepan. Add sugar (150 gr.) and stir with a wooden spoon so that it doesn't stick. Leave to boil for 2-3 minutes, stirring all the time. Then, take off the heat and strain the milk through a fine sieve and leave to cool. When it is cold put it in the freezer but keep an eye on it so that it doesn't freeze.

Prepare the meringue. Beat the egg whites until stiff and when they have sufficient volume, add the rest of the sugar, beating all the time until they reach the required consistency.

When the milk is starting to freeze, take it out of the freezer and add the meringue. Stir in slowly until smooth.