



National Simultaneous Storytime ...from space!

Give me some **Space!** PHILIP BUNTING

Wednesday 19 May 2021 www.alia.org.au/nss



Astronaut ice cream

Ingredients:

- 4 large egg whites, at room temperature
- ¼ teaspoon cream of tartar
- 1 cup sugar
- 1 tablespoon flavouring extract, i.e. vanilla (reduce amount for concentrated extracts, like peppermint)
- Gel food colouring (optional)
- 1 ¾ ounce cookie scoop

Makes 15 servings

Instructions:

Position the racks in the upper and lower thirds of the oven and preheat the oven to 95°C. Line a large baking tray with baking paper.

Using an electric mixer, beat the egg whites in a large bowl at medium-low speed until just frothy, about 45 seconds. Add the cream of tartar. Increase the speed to medium-high and beat the egg whites until they are white and thick (the consistency of shaving cream), about 2 minutes. Slowly sprinkle in the sugar and flavouring extract, beating until incorporated. Then beat the whites until they form stiff peaks. (Turn the beater upside down: if the peaks do not droop, they are ready.)

Drop individual meringues onto the parchment-lined baking sheet using a cookie scoop. To keep meringue from sticking, dip the scoop in room temperature water and shake off excess. Scoop a healthy heaping of meringue mixture (roughly 1 tablespoon over the top) and invert it onto the baking sheet. The meringue should balloon out over the side, resembling an old-fashioned scoop of ice cream. Smooth any peaks using a spoon dipped in water.

Bake for 2 hours, let cool, and serve.

Recipe from: <https://jenis.com/blog/recipe-astronaut-ice-cream/>