



TASK 5. Read fact files and identify the meringue type from pictures. Speak about this type of meringue.

(CLIL Lesson Plan – Pastry. Different types of Meringue)

TYPES OF MERINGUE:

 a)	<p>1. French Meringue</p> <p>French meringue is the most basic type. It is made by beating raw egg whites until foamy and then gradually adding sugar until stiff peaks form. It is not cooked during preparation, so it is usually baked afterward. French meringue is light and crisp and is often used for cookies or as a base for other desserts.</p>
 b)	<p>2. Swiss Meringue</p> <p>Swiss meringue is made by gently heating egg whites and sugar over a water bath (bain-marie) while whisking, until the sugar dissolves. Then the mixture is whipped until glossy and cool. This meringue is more stable than French meringue and is often used in buttercreams or as a frosting.</p>
 c)	<p>3. Italian Meringue</p> <p>Italian meringue is the most stable type. It is made by whipping egg whites until soft peaks form, then slowly pouring in hot sugar syrup (about 115–120°C / 240–250°F) while continuing to whip. This creates a thick, glossy meringue that holds its shape very well. It is used</p>



in mousses, frostings, and also in baked Alaska.

d)



4. Albumin-Based Meringue

Instead of using fresh egg whites, albumin-based meringue uses **dried egg white powder** (albumin), which is mixed with water to rehydrate. This is often used in industrial or professional baking where consistency, hygiene, or shelf-life is important. Albumin meringue behaves similarly to French meringue, but is more stable and safer for raw use.

e)



5. Fruit Purée Meringue (Berry Meringue)

This type of meringue includes **fruit purée**, often berry purée (like raspberry or strawberry), which is added to the whipped egg whites and sugar. It gives the meringue a natural fruity flavor and color. Sometimes, a small amount of purée is folded into the meringue after whipping; in other recipes, it is blended with sugar before adding. These meringues are baked at low temperatures to preserve the color and flavor.



Vocabulary help? Access the project [Gastronomy e-Pictionary](#)

