WASTE LESS, TASTE MORE 023

Custard Tonight. Meringues Next.



GIVE EXTRA EGG WHITES A DESSERT PLAN.

Crème brûlée, custard, and some sauces call for egg yolks, leaving the whites behind. Plan a second preparation before separating the eggs so both parts have a purpose.

1 Collect the whites separately

Separate each egg into a small bowl before transferring its white to the main container.

Why: You can spot a broken yolk before it mixes with the entire batch.

2 Choose a recipe that matches the amount

Consider baked meringues, pavlova, or another recipe designed around egg whites. Measure as the recipe directs.

Why: Egg size and quantity matter in baking, so “a few whites” may not be precise enough.

3 Plan the presentation

Use baked meringues with berries and cream, or make individual pavlovas for another gathering.

Why: A second dessert can feel just as considered as the custard that came first.

KITCHEN NOTES

Label before storing

Record the number or weight of the whites and the date.

Keep the flavor direction open

Plain whites give you more options than a partially mixed preparation.

Build close to serving

Prepare the components separately and assemble according to the recipe so the meringue retains its intended texture.

THE PLATING MINDSET

Plan two complementary preparations and give each one its own beautiful presentation.