

Meringue Roulade with Whipped Cream Filling

Light as air with a delicately crisp shell and a soft, marshmallowy center, this roulade wraps around a lush, lightly sweet cream for a show-stopping, melt-in-your-mouth dessert.

Ingredients

- egg whites (room temperature)
- superfine sugar (made by pulsing granulated sugar)
- cream of tartar
- white vinegar (optional substitute for cream of tartar)
- cornstarch
- vanilla extract
- salt
- granulated sugar (for dusting parchment and top)
- confectioners' sugar (for dusting during rolling)
- heavy cream
- sugar (for sweetening whipped cream)
- vanilla extract (for filling)
- cream cheese (softened; or use mascarpone)
- mascarpone (optional substitute for cream cheese)
- lemon curd (optional, for dolloping in filling)
- raspberry jam (optional, for dolloping in filling)
- fresh berries and sliced fruit (optional garnish)
- white or dark chocolate curls/shavings (optional garnish)
- chopped pistachios (optional garnish)
- fresh mint sprigs or edible flowers (optional garnish)

Instructions

1. Pulse granulated sugar in a food processor until very fine to make superfine sugar.
2. Separate cold eggs, reserving the whites, then let the whites come to room temperature.
3. Begin whipping egg whites until foamy and increased in volume.
4. Add cream of tartar, then gradually add superfine sugar 1 tablespoon at a time with the mixer running.
5. Whip until the meringue is glossy and holds stiff peaks.
6. Gently mix in cornstarch, vanilla extract, and a pinch of salt.

7. Line a jelly roll/sheet pan with parchment; dab small spots of meringue in corners to “glue” parchment to the pan.
8. Lightly sprinkle granulated sugar over the parchment to help prevent sticking.
9. Spread meringue evenly to the edges with an offset spatula; lightly sprinkle more sugar over the top.
10. Bake until the top is set, pale, lightly crisp on the surface, and springy beneath (not browned).
11. Cool in the pan for about 10 minutes (no longer), then prepare a clean kitchen towel topped with a fresh sheet of parchment; dust parchment with confectioners’ sugar.
12. Loosen the baked meringue from the pan edges and carefully invert onto the sugared parchment/towel; peel off the original baking parchment.
13. Dust the meringue surface with confectioners’ sugar, lay a fresh sheet of parchment on top, and gently roll up from a short end with the towel to “train” the roll; let cool completely in this shape (about 1 hour).
14. Make the filling: whip heavy cream with sugar and vanilla to soft peaks.
15. Beat cream cheese until smooth, then fold/mix it into the whipped cream to form a stable cream filling (or use mascarpone).
16. Gently unroll the cooled meringue; expect minor cracking.
17. Spread the cream filling evenly over the meringue; optionally dollop lemon curd and/or raspberry jam over the cream.
18. Re-roll the meringue (without the towel), using the bottom parchment to help guide the roll; move slowly and evenly.
19. Transfer to a serving platter seam-side down and chill briefly to set.
20. Garnish as desired with whipped cream, fresh fruit, chocolate shavings, pistachios, or mint; slice and serve.

Tags: Dessert, Gluten Free, Meringue, Advanced, Holiday, Fruit
