



Recipe from: [My Catholic Tradition](#)

Grilled Peaches with Meringues

SERVES SIX

2 egg whites

1/2 cup soft light brown sugar, reserving 1 tsp for the peaches

Pinch of ground cinnamon

6 ripe peaches, or nectarines

1/2 cup fresh cream

1 tsp grated orange rind

Preheat the oven to 275°F.

Line two large baking sheets with baking parchment.

Whisk the egg whites until they form stiff peaks.

Gradually whisk in the sugar and ground cinnamon until the mixture is stiff and glossy.

Pipe 18 very small meringues on to the trays.

Bake for 40 minutes.

Leave in the oven to cool.

Meanwhile, halve and pit the peaches or nectarines.

Sprinkle each half with a little sugar as it is cut.

Grill (broil) for 4–5 minutes, until just beginning to caramelize.

Arrange the grilled peaches on serving plates with the meringues.

Serve immediately with fresh cream flavored with grated orange rind with coffee or with desserts in place of biscuits (cookies).