

### Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	2	Nos	Egg Whites	
1		Teacup	Sugar, Granulated	
1		Teacup	Marshmallow Crème	
1/8		Teaspoon	Salt	
1/4		Teacup	Cream of Tartar	Crean if Tartar
1/4		Teacup	Water	
1		Teaspoon	Vanilla Essence	

### □ Method

Combine all ingredients except vanilla extract in the top of a double boiler. Place over boiling water. Beat until soft peaks form. Remove from heat and beat until stiff. Beat in vanilla extract.

### Cream of Tartar

If you are beating eggs whites and don't have cream of tartar, you can substitute white vinegar (in the same ratio as cream of tartar, generally 1/8 teaspoon per egg white). It is a little more problematic to find a substitute for cream of tartar in baking projects. White vinegar or lemon juice, in the ratio of 3 times the amount of cream of tartar called for, will provide the right amount of acid for most recipes. But that amount of liquid may cause other problems in the recipe, and bakers have found that cakes made with vinegar or lemon juice have a coarser grain and are more prone to shrinking than those made with cream of tartar.

Cream of tartar is obtained when tartaric acid is half neutralized with potassium hydroxide, transforming it into a salt. Grapes are the only significant natural source of tartaric acid, and cream of tartar is obtained from sediment produced in the process of making wine. (The journal *Nature* reported some years ago that traces of calcium tartrate found in a pottery jar in the ruins of a village in northern Iran are evidence that wine was being made more than 7,000 years ago.)

<http://www.ochef.com/933.htm>

Marshmallow creme is a uniquely American food item. It is a very sweet, spreadable, marshmallow-like confection and is popular amongst young children.

[http://en.wikipedia.org/wiki/Marshmallow\\_Fluff](http://en.wikipedia.org/wiki/Marshmallow_Fluff)