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Activities at Home

Create Your Own Cuban Snacks!

Yemitas de Huevo

Ingredients:

- Water
- ½ cup of granulated sugar
- 6 egg yolks
- 1 cup powdered sugar

Steps:

1. Make syrup by adding sugar and water to a saucepan on medium heat. Dissolve the sugar by bringing the mixture to a boil. Continuously mix the syrup until it become a thick syrup.
2. Separate egg yolks from egg whites.
3. In a mixing bowl, beat the egg yolks.
4. Pour the egg yolks into the syrup. Put the heat on the lowest setting and stir the mixture slowly and continuously until the yolks begin to solidify.
5. Once it looks like playdough, remove from heat and spoon onto a plate or bowl to cool.
6. Once cool, sprinkle powdered sugar all over counter. Roll out the yolk mixture over it in order to cover it in sugar.
7. Pinch off some of the yolk mixture (a little bigger than a quarter) and roll it into a ball. Add more powdered sugar if needed.
8. Place in fridge to create sugar crust

Cuban Merenguitos

Ingredients

- 8 large egg whites
- 2 cups granulated sugar
- A pinch of salt

Steps:

1. Preheat oven to 200° F
2. Beat egg whites in large bowl until they reach soft peaks
3. Add a pinch of salt and slowly incorporate the sugar. Continue beating mixture until you reach stiff peaks.
4. Form 3-inch circles on a cookie sheet with the mixture.
5. Put in over for two hours.