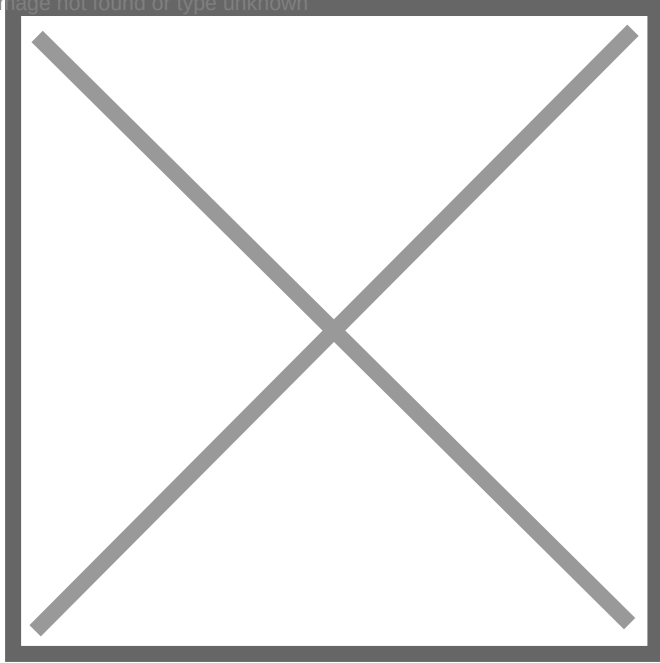




Suspiro Limeño

Oscar · 29/09/2024

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Prep Time

3 hrs

Dificult

Medium

Servings

3 hrs 45 mins

Description

Suspiro limeño is a classic Peruvian dessert that is very popular in Chile its irresistible for all ages Its easy and Ive been able to prepare it myself since I was little Try it you wont regret it

Ingredients

— - 1 (14 ounce) can sweetened condensed milk - 1 (12 fluid ounce) can evaporated milk - 1 tablespoon vanilla extract - 2 beaten egg yolks - 2 beaten egg white - 1 cup confectioners' sugar - ¼ teaspoon ground cinnamon (Optional)

Instructions

1. Whisk together sweetened condensed milk
2. evaporated milk
3. vanilla
4. and egg yolks in a saucepan. Place over medium-low heat and gently cook until the mixture thickens
5. stirring constantly with a wooden spoon
6. about 30 minutes. Pour into a heatproof serving dish and set aside. Whip egg whites with confectioners' sugar to stiff peaks (see Editor's Note). Spread meringue on top of milk mixture. Refrigerate until cold
7. about 3 hours. Sprinkle with cinnamon before serving. Editor's Notes: This recipe contains raw egg. We recommend that pregnant women
8. young children
9. the elderly
10. and the infirm do not consume raw egg. Learn more about egg safety from our article
11. How to Make Your Eggs Safe. To pasteurize your egg whites
12. you can make a Swiss meringue: combine the 2 egg whites with about 1/2 cup granulated sugar in a stainless steel mixing bowl. Heat over a double boiler
13. stirring constantly
14. until sugar is melted and egg whites are hot to the touch. Remove from heat and whip until fluffy and stiff. Alternately
15. you can substitute 1/4 cup pasteurized liquid egg whites and save the raw egg whites for another use. Pasteurized whites take longer to whip
16. but will work just fine. Learn more about How to Pasteurize Egg Whites in our article.