

FOREVER COOKIES (AIR FRYER)

Ingredients:

Yield: About 10-12 dozen cookies (depending on size)
12 large egg whites (room temperature for best results)
3 cups granulated sugar
1 teaspoon cream of tartar (or 2 teaspoons lemon juice)
1 tablespoon pure vanilla extract (or almond extract for variation)
2 cups semi-sweet chocolate chips (optional)
2 cups chopped nuts (optional)

Directions:

- Set your air fryer to 200°F (93°C) and ensure the fan is on. If your air fryer doesn't go below 200°F, use the lowest setting and adjust cooking time accordingly. Line the trays with parchment paper or a silicone baking mat.
- In a clean, dry mixing bowl (preferably metal or glass), add the egg whites.
- Begin whipping on medium speed using a hand mixer or stand mixer with a whisk attachment until foamy.
- Add cream of tartar and continue whipping.
- Increase the speed to high and add sugar, one tablespoon at a time, until fully incorporated.
- Continue to beat until stiff, glossy peaks form. This can take 7-10 minutes.
- (Tip: If you lift the whisk, the peaks should stand firm without collapsing.)
- Gently fold in vanilla extract.
- If using, fold in chocolate chips and nuts with a spatula. Be careful not to deflate the meringue.
- Use a spoon or piping bag to drop small mounds (about 1 tablespoon each) onto the lined air fryer trays. Leave space for air circulation.
- Place the trays in the air fryer. Bake at 200°F for 90-120 minutes. The cookies should be dry, crisp, and lift off easily from the parchment paper.
- If your air fryer tends to trap moisture, open the door slightly during the last 20 minutes to allow steam to escape. Alternatively, dry them in batches if necessary.
- Once done, allow the cookies to cool completely on the trays. Store in an airtight container at room temperature. These cookies should remain light, crisp, and airy.

FOREVER COOKIES (TRADITIONAL OVEN)

Ingredients:

Yield: About 10-12 dozen cookies (depending on size)
12 large egg whites (room temperature for best results)
3 cups granulated sugar
1 teaspoon cream of tartar (or 2 teaspoons lemon juice)
1 tablespoon pure vanilla extract (or almond extract for variation)
2 cups semi-sweet chocolate chips (optional)
2 cups chopped nuts (optional)

Directions:

1. Preheat your oven to 200°F (93°C). If using a gas oven, note that the moisture content can be higher, so allow for extra drying time.
 2. Prepare Egg Whites:
 - In a clean, dry mixing bowl (preferably metal or glass), add the egg whites.
 - Begin whipping on medium speed using a hand mixer or stand mixer with a whisk attachment until foamy.
 - Add the cream of tartar and continue whipping.
 3. Gradually Add Sugar:
 - Increase the speed to high and add the sugar one tablespoon at a time.
 - Continue to beat until stiff, glossy peaks form, about 7-10 minutes.
 - (Tip: When you lift the whisk, the peaks should stand firm without drooping.)
 - Gently fold in vanilla extract.
 - If using, fold in chocolate chips and nuts with a spatula. Be careful not to deflate the meringue.
 4. Shape the Cookies:
 - Use a spoon or piping bag to drop small mounds (about 1 tablespoon each) onto parchment-lined baking sheets. Leave space between cookies for air circulation.
 5. Bake and Forget:
 - Place the baking sheets in the preheated oven. Immediately turn off the oven.
 - Leave the cookies in the oven undisturbed overnight (or at least 8 hours). The residual heat will dry them out gently, leaving them crisp and light.
 6. Check and Cool:
 - In the morning, check to ensure the cookies are completely dry and easily lift off the parchment paper. If they are still slightly tacky, leave them in the oven with the door slightly ajar for another hour.
- Gas Oven Moisture: If you're concerned about excess moisture in a gas oven, prop the oven door open slightly with a wooden spoon during the cooling phase to allow steam to escape.
 - Egg White Perfection: Any trace of yolk can prevent the whites from whipping properly. Make sure bowls and beaters are grease-free.