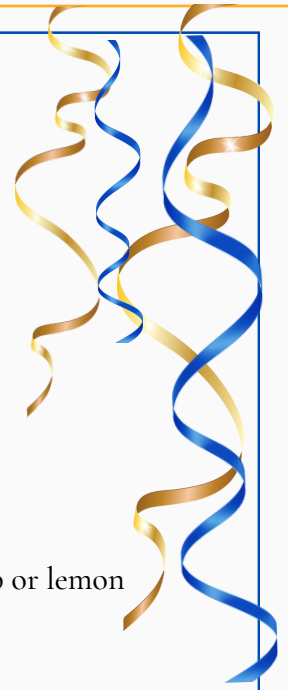


# Pavlova



## Ingredients

- 225 ml egg whites at room temperature (approximately 7 large eggs)
- 1 3/4 cups caster sugar
- 1 tablespoon cornstarch, tightly packed
- 2 teaspoons white vinegar
- 1 teaspoon lemon zest
- 1 cup thickened cream
- 3 tablespoons icing sugar
- 2 teaspoons vanilla extract
- 2 kiwi fruits, peeled and sliced
- 1 cup strawberries, halved
- 1 cup other fruit (blueberries, raspberries, cubed mango etc)
- 4 tablespoons passionfruit pulp or lemon curd (optional)

## Method

### *Pavlova Base*

1. Preheat oven to 150°C. Cut a piece of baking paper large enough to line a baking tray and draw a 20 cm circle in diameter. Line the baking tray with the baking paper with the drawn circle on the underside. Set aside until needed.
2. Carefully break the first egg and strain the egg white into a small, clean bowl and then transfer into a measuring jug. Repeat with more eggs, until you have 225 ml of egg whites. Take care not to get any yolk into the egg white. (Store egg yolks in an air-tight container for another recipe).
3. Whisk egg whites on high speed for about 10 minutes until it reaches soft peak stage (when you lift the whisk, soft peaks should be formed in the egg whites).
4. When the egg whites are at soft peak stage, lower the speed and add sugar, 1 to 2 tablespoons at a time and making sure each addition of sugar is dissolved before adding the next. Scrape down the sides of the bowl at least once, while adding the sugar. Allow 10 -15 minutes for this step.
5. Once all the sugar is added, increase the speed and whisk the egg whites until the sugar has completely dissolved, and the egg whites are thick and glossy, and hold their shape well.
6. While the egg whites are being whisked, combine the cornstarch and vinegar in a small bowl to make a thick paste.
7. Once the sugar is dissolved, and the meringue is glossy and thick, immediately add the cornstarch and vinegar paste. Increase the speed and let the paste mix into the egg whites for about 30 - 45 seconds.
8. Using a clean spatula, scoop the meringue on to the baking paper with the drawn circle. Pile the meringue in the middle of the drawn circle.
9. Using an offset spatula, spread the meringue mix to fill the drawn circle on the baking paper making sure the meringue mix is evenly tall.
10. Once you have shaped the pavlova, smoothen the edges until soft and rounded. Create some swirls on the sides and top of the meringue.
11. Place into the preheated oven, and immediately reduce the temperature to 110°C and bake for 90 minutes.
12. After 90 minutes turn off the oven and allow the pavlova to cool down in the oven overnight (or up to 6 hours, until completely cooled).
13. Transfer the pavlova into an air-tight container.

### *To serve*

1. Whip the cream, adding icing sugar and vanilla.
2. Spread on top of the pavlova and top with the prepared fruits.
3. Drizzle passionfruit or lemon curd over the top (if using).

