

Pavlova

Serves 8 · 2 hr 30 min (plus cooling) · The meringue two nations claim



Photo: Pavlova with cream and berries: brett jordan, CC BY 2.0
(https://commons.wikimedia.org/wiki/File:Pavlova_garnished_with_cream_and_strawberries.jpg)

Ingredients

- 4 large egg whites, at room temperature
- 1 cup superfine (caster) sugar (200 g)
- 1 tsp cornstarch (cornflour)
- 1 tsp white vinegar
- 1/2 tsp vanilla extract
- 1 1/4 cups heavy cream (300 ml)
- 1 tbsp powdered sugar
- Fruit: 2 kiwifruit, 1 cup strawberries (about 150 g), pulp of 2 passionfruit

Method

- 1 Heat the oven to 300 F (150 C). Draw an 8 inch (20 cm) circle on parchment and flip it onto a baking sheet.
- 2 In a very clean bowl, beat the egg whites to soft peaks.
- 3 With the mixer running, add the caster sugar one spoonful at a time. Keep beating 8 to 10 minutes until the meringue is thick and glossy and the sugar has dissolved (rub a little between your fingers: it should not feel gritty).
- 4 Beat in the cornstarch, vinegar and vanilla.
- 5 Spoon the meringue onto the circle, building up the sides slightly so the center has a shallow dip.
- 6 Put it in the oven and immediately lower the heat to 250 F (120 C). Bake 1 hour 15 minutes, until the outside is dry and crisp.
- 7 Turn off the oven, prop the door ajar and let the pavlova cool completely inside, at least 1 hour.
- 8 Just before serving, whip the cream with the powdered sugar to soft peaks. Spread over the pavlova and top with sliced fruit and passionfruit pulp.

More on this dish, its history and the full photo credits: <https://intercontinentalchef.com/pavlova/>