

STRAWBERRY PAVLOVA

10/12 Portions

Ingredients

220g egg whites (about 7 egg whites)
350g caster sugar
1tsp cream of tartar
2 tsp white vinegar
1tbsp cornflour
Zest of 1 lemon

To serve the pavlova

400ml whipping cream, whipped.
1 tsp vanilla essence
1 tbsp caster sugar
200g strawberry conserve (jam)
500g Sliced strawberries (or other soft fruit)
Mint or elderflowers to decorate.



Method

Preheat the oven to 150°C. Line a baking tray with baking parchment. Place the egg whites and cream of tartar into an electric mixer with a balloon whisk (preferred) at top speed.

Whisk until the egg whites form soft fluffy clouds (do not over whisk!). While the mixer is still on, add in 1 tbsp of sugar at a time until the sugar dissolves (check texture between 2 fingers) this may take up to 10/ 12 minutes. It should look shiny and the peaks of meringue should hold their shape.

Mix the vinegar and cornflour together to make a slurry, pour this into the meringue also along with the lemon zest and mix on top speed for 20 seconds. Your pavlova is now ready to be baked.

Draw a 12inch circle in the middle of the baking parchment using a dinner plate as a guide.

Using a rubber spatula place all the pavlova into the centre of the circle and work it out to the edge of the circle, forming a shallow valley in the centre of the pavlova.

Place the pavlova into the oven (centre shelf) and turn it down to 110oC. Bake the pavlova for approx. Bake for 90 minutes (do not open the oven during cooking!!).

After 90 minutes, turn off the oven and leave the pavlova to cool completely in oven for a minimum of 6 hours or overnight! – this stops the pavlova from cracking or collapsing.

To assemble...

Place the cream, vanilla essence and sugar in a large mixing bowl and whisk until stiff. Fold in the strawberry conserve.

Place the whipped cream mix into the centre of the cooled pavlova. Decorate with sliced strawberries, mint leaves and elderflowers if available! Enjoy! 😊