

Pavlova Recipe

Serves: 10. Prep time: 25 minutes. Cook time: 1.5 hours.

Ingredients

Meringue:

4 egg whites (at room temperature)

1 cup caster sugar

1 teaspoon white vinegar

2 teaspoons cornflour

Topping:

300ml thickened cream

In-season fresh fruit slices of your choice e.g. berries, peaches, kiwi fruit, passionfruit

Optional:

A4 sized map of Australia template, printed onto baking paper

Icing sugar to dust

Method

1. Preheat oven to 130°C. In a small electric mixer bowl, beat egg whites on medium until soft peaks form. Add vinegar and cornflour. Gently sprinkle sugar, one teaspoon at a time, beating until stiff and glossy (approx. 10 mins).
2. If desired, print map template onto baking paper. Place paper onto a baking tray. Spoon mix onto the paper (use map as a guide if desired). Smooth sides and top of meringue with a spatula, leaving it in a dome shape. Bake in oven at 130°C for 1.5 hours, or until pavlova looks dry to the touch. *DO NOT OPEN OVEN DOOR AT ANY TIME OR MERINGUE WILL CRACK.*
3. Turn off oven and leave pavlova to cool with oven door SHUT for several hours at least. Ensure that oven is completely cool before opening. Once cooled, place pavlova on a serving plate. Just before serving, use electric mixer to whip cream until soft peaks form. Gently spread whipped cream on top of meringue and decorate with fresh fruit. Dust with icing sugar to serve if desired.

