

From the Galley at Scotties Ridge

EASY PAVLOVA

SERVES 8



"This is an elegant dessert with a fluffy meringue that's filled with whipped cream and fresh fruit. Once you get the technique down, this pie will easily become one you'll often make."

INGREDIENTS:

4 egg whites
1 1/4 cups white sugar
1 teaspoon vanilla extract
A generous mixture of available fresh berries (as RED as possible)
1 teaspoon lemon juice
2 teaspoons cornstarch
1 pint heavy cream

DIRECTIONS:

1. Pre-heat oven to 300 ° F (150 ° C). Line a baking sheet with parchment paper. Draw a 9 inch circle on the parchment paper.
2. In a large bowl, beat egg whites until stiff but not dry. Gradually add in the sugar, 1 tablespoon at a time, beating well after each addition. Beat until thick and glossy. Overbeaten egg whites lose volume and deflate when folded into other ingredients. Be absolutely sure not a particle of grease or egg yolk gets into the whites. Gently fold in vanilla extract, lemon juice and cornstarch.
3. Spoon mixture inside the circle drawn on the parchment paper. Working from the center, spread mixture toward the outside edge, building edge slightly. This should leave a slight depression in the center.
4. Bake for 1 hour. Cool on a wire rack.
5. In a small bowl beat heavy cream until stiff peaks form; set aside.
6. Remove the paper and place meringue on a flat serving plate. Fill the center of the meringue with whipped cream, sweetened and flavoured if desired. Top whipped cream with berry mixture.
7. Decorate with dark chocolate shavings.