

## Pavlova

### Meringue Cake:

4 large (120 grams) egg whites  
Pinch of salt  
1 cup (200 grams) superfine or castor sugar  
1 tsp. white vinegar  
1/2 tsp. vanilla  
1 Tbsp. cornstarch

### Topping:

1 cup (240 ml) heavy whipping cream  
1 Tbsp. (20 grams) icing sugar  
1/2 tsp. vanilla

Fresh fruit – kiwi and strawberries, or other fruit of your choice.

Preheat oven to 400 degrees F (130 degrees C) and place rack in center of oven. Line a baking sheet with tin foil and draw a 7 inch (18 cm) circle on the paper.

Beat the egg whites and salt on medium-high speed until they hold soft peaks. Start adding the sugar, a tablespoon at a time, and continue to beat until the meringue holds very stiff peaks, (about 5 - 6 minutes). (Test to see if the sugar is fully dissolved by rubbing a little of the meringue between your thumb and index finger. The meringue should feel smooth, not gritty. If it feels gritty the sugar has not fully dissolved so keep beating until it feels smooth between your fingers). Add the vinegar and vanilla. Fold in cornstarch with a rubber spatula.

Pile the meringue inside the circle drawn on the tin foil. Gently spread, smoothing the edges.

Reduce heat in oven to 250 degrees and bake for 1 hour 30 minutes, no more. Cool completely. The cooled meringue can be made and stored in a cool dry place, in an airtight container, for a few days.

Just before serving gently place the meringue onto a serving plate. Whip the cream till soft peaks form. Sweeten with icing sugar and vanilla and then mound the softly whipped cream into the center of the meringue. Arrange the fruit randomly, or in a decorative pattern, on top of the cream. Serve immediately as this dessert does not hold for more than a few hours.

Serves 6 to 8