



soft meringue – pavlova

by *David King*



ingredients

egg white	375g
castor sugar	562g
vanilla essence	5ml
white vinegar	15ml
corn flour - sifted	15g
icing sugar	40g
hazelnut oil	20ml

composition and presentation

cream	300ml
raspberry - eau de vie	20ml
raspberries	250g
passion fruit	360g

methods of preparation

meringue

- 1 pre-heat oven to 160 °C.
- 2 line a terrine or bread tin with baking paper, then lightly grease the paper with hazelnut oil.
- 3 whisk the egg whites until stiff, gradually add the castor sugar a little bit at a time, and beat until thick and glossy.
- 4 fold in the vanilla essence, white vinegar and corn flour.
- 5 spread the meringue into the prepared tin with a spatula.
- 6 bake meringue for 20 minutes.
- 7 remove from oven.
- 8 allow the meringue to cool in the tin for a few minutes.
- 9 turn out onto a sheet of baking paper dusted with icing sugar and remove original baking paper from the top.
- 10 allow to cool for 10 minutes.

composition and presentation

scoop seeds out of passion fruit, strain whilst rubbing the seeds in order to smoothen the pulp and add the seeds back into the juice.

- 1 lightly whip the cream with the eau de vie until it forms a soft peak.
- 2 slice the pavlova to a square and place on the plate.
- 3 spoon cream over and to the side of the pavlova.
- 4 spoon over the passion fruit and raspberries.