
Classic Pavlova with fruits and berries

1 glass – 250 ml

1 tablespoon – 15 ml

1 teaspoon – 5 ml

For the Meringue:

- 6 egg whites (*separate from the yolk following instructions*)
- 330 g of superfine white sugar (*do not substitute with brown*), ideally ground in a blender
- 2.5 teaspoons of lemon juice or vinegar
- 0.5 teaspoon of vanilla extract or seeds from half a vanilla pod
- 1 tablespoon of cornstarch

For the Cream:

- 400 ml of heavy cream
- 1 tablespoon of powdered sugar
- 1 teaspoon of vanilla extract or seeds from half a vanilla pod

For Garnishing:

- Berries and/or fruits
- Fresh basil or mint leaves
- Powdered sugar

To successfully create Pavlova, carefully and responsibly follow the instructions laid out here. This dessert requires focus on your first attempt, but the results are worth the effort. Pavlova is often the first to vanish from the dessert table.

The key aspect of Pavlova is the meringue, which boasts a crispy exterior while the inside remains soft, airy, and deliciously melt-in-the-mouth. Use the freshest eggs available. Wipe the bowl for beating, the whisk, and the spoon or spatula with lemon juice or vinegar, then dry them. This ensures there are no fat residues that can hinder meringue formation. Separate the egg whites from the yolks one by one, using two bowls. Each time you successfully separate a white, pour it from the smaller bowl into the mixing bowl. It's crucial not to let a single drop of yolk (*fat*) mix with the whites; if it happens, keep that egg for another recipe.



Beat the separated egg whites with a mixer until they form soft peaks. Continue whisking on medium speed, gradually adding the granulated white sugar one tablespoon at a time until it is fully incorporated. Briefly stop whisking to scrape the remaining sugar stuck to the sides of the mixing bowl with a spatula or spoon. Continue whisking until all the sugar dissolves and the mixture becomes firm. This step is crucial because if any sugar stays undissolved, it will drip as sugar syrup from the baked meringue and spoil the Pavlova. Check if the sugar has fully dissolved by rubbing a small amount of the egg white mixture between your fingers. If not, whisk the meringue for a few more minutes and check again until no sugar crystals are felt between your fingers. At this stage, the meringue should be so firm it doesn't fall out when the bowl is flipped over.

Add lemon juice and vanilla to the bowl with the meringue mixture and whisk again for around a minute. Turn off the mixer, then slowly and gently fold in the starch using a spatula or spoon.

On a baking tray lined with baking paper, shape one large meringue. It can be wide and low or smaller in diameter but taller, with an irregular or neatly shaped form. Ensure you create a fairly deep well in the middle of the meringue for the cream (it will become slightly less deep as it bakes).

Bake the meringue in a 130°C (*without fan*) or 115°C convection (*with fan*) oven for 10 minutes, then reduce the temperature to 110°C (*without fan*) or 100°C convection (*with fan*) and bake for another 1 hour 40 minutes. Let the meringue cool in the oven for an hour with the door slightly open. The meringue can be prepared a day in advance of serving. Don't worry about seeing cracks on the surface of the meringue. This is a natural characteristic of Pavlova.

Make the cream just before serving the dessert. Whip cold cream with a spoonful of icing sugar and vanilla. Monitor the process, and do not over-whisk (otherwise, the butter may separate from the cream). Spoon some cream onto the meringue (*serve the rest alongside in a bowl; the more weight you place on the meringue, the more likely it is to crack*), arrange the berries/fruit on top, garnish with herbs, and sprinkle a little icing sugar. Serve immediately. Extra fruits and berries, along with some cream, can also be served on the side.