



It is disputed if this recipe origin derives from Australia or New Zealand. Either way this is an incredible dessert. You can not help but feel special when served a homemade pavlova. The outside is slightly crisp but, the inside is soft and tastes like a marshmallow, combined with tangy fresh fruit and soft whipped cream.

Usually, pavlovas are made large and cut into slices, I prefer to make individual mini pavs. Not only are they adorable but they bake and dry out much faster than one large pavlova. This dessert embodies everything that a summer dessert should be. Although, I have made pavlova for Christmas lunch dessert. It was a light and welcome change from a heavier more traditional Christmas dessert. I used pomegranate seeds, fresh orange segments and topped it with toasted almonds. You can create your own combination of fresh fruit toppings. However, I suggest using only fresh fruit and slightly tart fruits such as; kiwis and berries to counteract the sweetness of the pavlova. Serve promptly once pavlovas are filled with fruit and cream as they will begin to soften from the moisture.

Serves 6

Ingredients

3 large fresh eggs at room temperature

1 cup ultrafine baker's sugar (or place 1 cup of white granulated sugar in food processor, process until finely ground, approximately one minute.)

For the topping

1/2 pint whipping cream

1 tbsp powdered sugar

1 tsp vanilla extract

fresh fruit of your choice

Method

Pavlova

On a baking sheet lined with parchment paper draw six circles. I used bowls with the circumference of 4 1/2 inches. These will be your templates for the pavlovas.

Separate egg whites from yolks. Measure the sugar then place egg whites in a large clean mixing bowl. Using an electric hand held or countertop mixer and whisk attachment, whisk until eggs whites are white, light and fluffy. This will only take 1-2 minutes, take care not to over mix the egg whites, they will start to separate and collapse.

Once the egg whites are whisked slowly start adding the sugar while whisking. This will make the egg whites sweet and glossy in appearance.

Using a metal tablespoon, spoon the meringue mixture inside the circle templates, pushing slightly in the middle and out to the edges of the circles.

Bake for 30 minutes at 250° F. Then turn the heat off and leave the pavlovas inside until the oven is completely cold. It is best to leave the pavlova overnight in the oven to dry out. However, they can be used once the oven has gone cold.

Wash and dry your fresh fruit completely before assembling the pavlovas.

Whipped Topping

In medium sized bowl using electric hand held or countertop mixer whip whipped cream just before serving. Add powdered sugar and vanilla once soft peaks have formed. Spoon lightly into pavlovas and top with fresh fruit.