

A Classic Pavlova

LET'S STEP OUT OF our baking comfort zone and try something new. Today we're making a Pavlova. It's a beautiful and delicious dessert, perfect for Mother's Day. The difference between a Pavlova and French meringues that look similar is that a French meringue is crispy throughout and the Pavlova has a variety of textures with a soft interior.

The good news is, they are much easier to make than you would think. A Pavlova is a fantastic combination of textures. The egg whites create a chewy-crisp texture with a soft gooey marshmallow inside and a crunchy crisp texture around the edges. Pavlovas, which are naturally gluten-free, can be eaten plain but are even better dressed up with fresh whipped cream and fruit.

It's a blank palette you can add most any sweet topping to. Try lemon curd and crushed pistachios. We like to serve it with dark chocolate ice cream and chocolate shavings. Try making it tropical with seasonal fruit like mango, kiwi, passionfruit, and oranges. Or, how about bananas and Nutella...YES please! No need to be precise, simply pile it all on top and enjoy. U



Pavlovas can be made in any size. These are topped with lemon curd, fresh raspberries, and crushed pistachios. Right: A thicker Pavlova resembles a cake with fresh berries and whipped cream on top.



Pro Tip

The trick to the perfect pavlova is making sure you whip enough air into the egg whites. Use a clean dry glass or metal bowl. You will know you've allowed the mixture to whip long enough when you can see a stiff peak when you pull the whisk attachment out of the mixture and turn it upside down.

Culinary Notes

Food historians claim the dessert was named after Russian ballerina Anna Pavlova, inspired by the shape of her tutu, in Australia in 1926. This is often debated by New Zealanders who also claims its creation—but everyone can agree it is melt in your mouth delicious.



Pavlova

INGREDIENTS:

6 egg whites, room temperature	½ T. pure vanilla extract
1 ¼ cups white granulated sugar	For topping:
2 t. corn starch	Fresh whipped cream
½ T. lemon juice	4-5 cups fresh fruit

INSTRUCTIONS

Preheat oven to 225° F. Line a large baking sheet with parchment. Using a stand mixer, beat 6 egg whites on high until soft peaks form. Then begin to add the sugar gradually, beat on high speed, or until stiff peaks form. It will be smooth and glossy. Use a spatula to gently fold in lemon juice and vanilla extract, then fold in corn starch until just blended.

Drop the egg mixture onto the parchment and shape with an offset spatula to create a very shallow "crater" in the middle. Bake at 225° for 1 hour and 15 min. Turn the oven off and without opening the door, leave meringue in the hot oven another 20-30 min. Outsides will be dry and crisp, a pale cream color and the insides will still be marshmallow soft.

After the pavlova has finished baking turn the oven off and crack it open with a wooden spoon, allowing the pavlova to cool inside the oven. This will help it maintain its shape and allow the outer "shell" that develops to protect the marshmallow interior.

Once cooled to room temperature, you can top with whipped cream and fruit or store in an airtight container for 5-7 days at room temperature. To make this sweet treat extra special, add to a saucepan, berries, ½ cup sugar, plus ¼ cup water. Bring to a boil then reduce heat. Add one cup of seedless raspberry jam and 2 Tbs. raspberry liqueur. Simmer 2-3 minutes. Use to top your pavlova.



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