

BERRY PAVLOVA

150G EGG WHITES

300G FINE CASTOR SUGAR

3 Tbls cornflour

1 tsp white wine vinegar

1 tsp vanilla

50ml boiling water (WILL BE HOT)

1 Tbls honey or syrup/sugar

1 punnet of berries and 1 cup of chopped nectarines OR OTHER STONE FRUIT

200 ml thickened cream

1 tsp vanilla

Method>> Heat oven to 150oC

1. Whisk the egg whites in an electric stand mixer until they are frothy
2. Add the cornflour and sugar and add vinegar and vanilla seeds
3. + ADD 50 ml Boiled water, carefully pour into the liquid egg whites whisking constantly
4. Continue to whisk on high speed for 10 minutes until glossy
5. Prepare two oven trays that have been lined with baking paper and sprinkled with a little water. Spoon meringue into 15 small blobs per tray
6. Spread into a small disk shape. Repeat until the tray has about 15 circles, then fill the second tray.
7. Bake for 25 mins, check and turn the trays around if colour is more on one side.
8. Remove from oven and allow to cool
9. Mix fruit and berries with a little honey
10. Whip the cream until thickened and able to spoon into shape. You can add the fruit to the cream, gently folding.
11. Place the meringues (removing carefully from the paper) onto a large platter. Then top with a spoon of cream and fruits and berries.
12. Serve