



Desserts

Pavlova

Serves 6

Method

- Preheat oven to 300 degrees F (150 degrees C). Line a sheet pan with parchment paper. Draw a 9 inch circle on the parchment. An easy way to do this is to draw around the outside of a 9 inch pan with a pencil.
- In a large bowl, beat egg whites on high speed until soft peaks form. Add 3/4 cup of the sugar gradually, while continuing to whip. Make sure sugar is completely dissolved. Mix together the remaining 1/4 cup sugar with the corn flour lightly fold into meringue with lemon juice.
- Spread a layer of meringue to fit circle on parchment, approximately 1/4 inch thick. With remainder of mixture, pipe or spoon swirls around the edges to form a shallow bowl shape.
- Bake at 300 degrees F (150 degrees C) for 1 hour. Turn off oven, but leave meringue in oven for an additional 30 minutes. When cool, the meringue should be hard on the outside, and slightly moist on the inside.
- In a large bowl, combine the cream and half a cup of icing sugar, and whip until thickened. Decorate with fruit of your choice; strawberries are excellent.

Ingredients

- 3 egg whites
- 1 pinch salt
- 1 cup white sugar
- 1 tbsp corn flour
- 1 tsp lemon juice
- 1 1/4 cup heavy whipping cream
- 1/2 cup icing sugar
- 1 pint fresh strawberries