

Easy Aussie Pavlova



Photo, compliment of Taste.com

(I forgot to photograph mine before my hubby and kids got stuck into it)

Pavlova is a traditional Australian dessert (Although some Kiwi's claim it's a New Zealand dish). It's crunchy, yet chewy meringue outside shell, with a soft yummy marshmallow inside. Top is with loads of cream and your favorite fruit and you have a winner.

Ingredients

4 large egg whites (at room temperature)
1 1/4 cup castor sugar (275 grams)
1 teaspoon vanilla extract
2 teaspoons of cornflour
1 teaspoon lemon juice
500ml thickened cream for decorating.
Lots of yummy fresh fruit.

Method

1. Preheat oven to 150 C° (300 F°).
2. Spray a baking tray with oil and line with baking paper (The oil is only to keep the paper in place).
3. Get a plate and draw a circle on the baking paper.
4. In a large bowl, whisk egg whites until stiff.
5. Gradually add in sugar, (One tablespoon at a time) beating well after each addition.
6. Beat until thick and glossy.
7. Gently fold in vanilla extract, lemon juice and cornflour.
8. Spoon mixture onto baking paper, working from the centre out toward the circle you have drawn.
9. Build up the edge slightly so there is a slight hollow in the middle.
10. Bake for one hour, until pavlova is dry to touch. NOTE: it will not brown.
11. Leave the pavlova in the oven to cool, with the door ajar for approx. 2 hours.
12. Once it's ready, transfer to a serving plate. Don't worry if it cracks, it's going to get broken anyway.
13. Top pavlova with cream and anything that takes your fancy. Fresh, in season, fruit is my favorite. Some people do chocolate or sweets.
14. Slice it like a cake to serve and enjoy.

Recipe by Kendall Talbot author of the Treasure Hunter series.