



## **PAVLOVA**

### ***The perfect summer pudding.***

Fluffy meringue with cream and fresh fruit – strawberries, raspberries, blueberries, or why not all three.

#### **Rules:**

A well washed bowl – not a jot of grease - and make sure no egg yolk gets into the white or it will not whisk to capacity.

**Ingredients:** Meringue - 3 egg whites, 6oz (170gms) sugar. To decorate - 500ml whipping cream plus fruit.

#### **Method:**

1. Whisk egg whites until so stiff that if you turned the bowl upside down the mixture would not fall out.
2. Gradually add one tablespoon of sugar at a time, whisk well after each addition.
3. Cover a baking sheet with non-stick parchment and make a circle in the middle. Use to make the base.
4. Keep placing a tablespoon of meringue round the circle to build a wall.

If you want a soft middle, add 1 teaspoonful of cornflower mixed with 1 teaspoon of white wine vinegar.

If not and you prefer a crisp case leave out the cornflower and vinegar.

5. Bake at 120°C until the meringue starts to colour, then reduce to 100°C for about 1 hour 30 mins or until the case will lift easily.
6. Cover with the whipped cream and fruit. Serves 6 generous portions.

This desert was said to have been created by a chef for Anna Pavlova who was a Russian ballerina and also by a chef in either Australia or New Zealand, but no one is quite sure of the initial origin.

By Margaret Himsworth