



The Best Pavlova

Oscar · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr 55 mins

Description

This Australian dessert has a meringue base thats topped with fresh cream and fruit This is a recipe that Ive experimented with and all my friends and family say its the best Pavlova theyve ever tasted

Ingredients

- - 1 cup white sugar
- divided - 1 tablespoon cornstarch - 3 large egg whites - 1 teaspoon lemon juice - 1 ¼ cups heavy whipping cream - ½ cup confectioners' sugar - 1 pint fresh strawberries

Instructions

1. Preheat the oven to 300 degrees F (150 degrees C). Line a rimmed baking sheet with parchment paper; draw a 9-inch circle in the center of the paper. Whisk 1/4 cup sugar and cornstarch together in a small bowl. Beat egg whites in a glass
2. metal
3. or ceramic bowl until soft peaks form. Gradually add remaining 3/4 cup sugar
4. continuing to beat until sugar is completely dissolved and stiff peaks form. Gently fold in cornstarch mixture and lemon juice. Spread a 1/4-inch-thick layer of meringue onto the prepared baking sheet to fill the circle. Pipe or spoon remaining meringue to form a taller edge around the circle to create a shallow bowl
5. making decorative swirls if desired. Bake in the preheated oven for 1 hour. Turn the oven off. Let meringue sit in the oven for 30 minutes; do not open the door. After 30 minutes
6. remove meringue from the oven; it should be hard on the outside and slightly moist on the inside. Beat cream and confectioners sugar in a mixing bowl with an electric mixer until thick. Spread onto meringue base and arrange strawberries over top. Recipe Tips To draw a perfect circle on the parchment paper
7. trace a line around a 9-inch round cake pan with a pencil. You can use any fresh fruit of your choice instead of strawberries.