



COOKING TOGETHER . . .

DELICIOUS PAVLOVA

Ingredients

4 egg whites

225 g Caster Sugar

1 teaspoon vinegar

1 teaspoon cornflour

250 ml of whipping cream

Method

In a very clean bowl whisk the egg whites until they form stiff peaks.

Now add the sugar slowly.

Allow to mix and then add the vinegar and cornflour.

Continue to whisk for 3-4 minutes until peaks are glossy and stiff (You can test by turning the bowl upside down – if it is not ready – you will have to clean up and start again!)

Place a sheet of grease-proof paper across a baking tray with a bottomless cake tin (about 7 inches) on top of the paper. Now fill the cake tin with the meringue – this will give it shape.

Once all the meringue is used, remove the cake tin and place in a preheated oven at 180°C.

After one minute, turn the heat down to 120 °C and allow to cook for 1 ½ hours.

Once cooked, switch the oven off and allow the meringue to cool inside the oven.

This can be done overnight.

Now the meringue has cooled, place a plate on top and carefully turn the tin with the meringue over. This will allow the top to be flat. Carefully peel off the greaseproof paper.

Whisk the cream until stiff and with a palette knife, spread over the top of the meringue. You can also pipe cream to make decoration.

Top the meringue with a selection of fruits of your choice or add chocolate buttons, grated chocolate or melted chocolate dripped over in lines. You can decorate a different way each time you make it.

Double the quantities to make a larger pavlova for all the family

Send in your photographs to stclaresabbey@gmail.com

