

PAVLOVA

Doesn't this look like Christmas? At this festive time of year, I'll often add cherries to the equation, sometimes with a little cherry or raspberry coulis. You can have your pavlova made a day or two ahead and assemble with whipped cream at the last minute.

Make sure your mixing bowl is sparkling clean by following my instructions below.



Serves: 10

Time: 2 hours, plus up to 24 hours egg white standing



INGREDIENTS

225 grams egg whites (from about 8 eggs)
330 grams sugar
30 grams vinegar, to clean TM bowl
a pinch of cream of tartar
1 teaspoon vinegar
1 teaspoon vanilla essence
600 grams cream
3 punnets berries, to serve



METHOD

1. Leave the egg whites in a bowl, uncovered, at room temperature for up to 24 hours.
2. Preheat oven to 150°C/Gas Mark 2.
3. Place sugar into mixing bowl and turn into icing sugar by blitzing for **5 sec/speed 9**. Set aside.
4. Clean the mixing bowl, blade and Butterfly Whisk scrupulously then **insert Butterfly whisk**. Give the mixing bowl a spring-clean by pouring in 1 litre of water and 30 grams of vinegar. Heat for **10 min/Varoma/speed 4**. Remove **Butterfly whisk**. Dry everything with a clean tea towel, then put the tea towel into the mixing bowl and dry it for **1 min/Reverse/speed soft**. Remove tea towel.
5. Tip the egg whites and cream of tartar into mixing bowl, **insert Butterfly whisk** and beat for **10 min/37°C/speed 4/MC off**. After 5 minutes of beating, the egg whites should be very fluffy and smooth. Reduce to **speed 3** and very slowly add the sugar, spoon by spoon, through the lid. This process should take nearly all of the remaining 5 minutes.
6. Reduce to **speed 2.5** and add the vinegar and vanilla.
7. Stop the machine and gently dollop the pavlova mixture onto a lined baking tray, into a tall cake shape. Place in preheated oven.



...continued



METHOD

8. Turn temperature down to 120°C. Bake for 1 hour 20 minutes, then turn oven off and leave the pavlova inside the oven to cool completely.

9. Clean and dry mixing bowl. Place cream into mixing bowl and **insert Butterfly whisk**. Whip for **1 min/speed 4**.

Spoon cream onto pavlova and top with berries.

Variation

My pavlovas don't always work and sometimes I don't know why. When the pav gods aren't smiling, I turn the mixture into a delicious Eton Mess, a trifle that uses crushed meringue. Spoon runny pavlova mixture into greased muffin tins and bake for 1 hour at 100°C. Let it cool in the oven. When cool, smash it up (angrily, if you like) and layer with whipped cream and berries. No one will ever suspect it wasn't meant to be this way in the first place.