



# Sugar Apple

Posts From The Caribbean

## Pavlova

Be careful when separating the eggs; you don't want a speck of yolk in there or the whites won't whip up properly. You can make the meringue base a few days before you need it and keep it stored in an airtight container. But don't put the Pavlova together until just before you serve it so the meringue stays nice and crisp. As for the fruit, that's up to you. Strawberries, kiwi, passion fruit, bananas, raspberries, blackberries, blueberries, mango, and papaya all work well.

Natasha was willing to part with one tip...beat the egg whites for a long time, about 10 minutes. When it comes to beating egg whites, 10 minutes is longer than it seems. For that reason, I recommend an electric mixer unless your arms are in seriously good shape

*4 egg whites, at room temperature*  
*1 cup caster sugar*  
*1/2 teaspoon white vinegar or lemon juice*  
*1 tablespoon cornstarch*  
*1 1/2 cups heavy whipping cream*  
*1/2 teaspoon vanilla extract*  
*2 tablespoons powdered sugar*  
*Fresh fruit for topping the Pavlova*

Preheat the oven to 250°.

Put the egg whites in a copper, stainless steel or glass bowl and beat on low speed until frothy. Turn the mixer to medium speed and beat until the whites form soft peaks. Start adding the sugar slowly, one tablespoon at a time, beating well after each addition. Turn the mixer to high speed and continue beating the whites until they're very stiff and glossy, about 10 minutes total.

Turn the beaten egg whites onto a baking tray lined with parchment paper or a silpat mat. Spread them out to a circle about 7 or 8 inches in diameter. Most recipes recommend drawing a circle on the parchment paper as a guide, but I find I can form a circle without too much direction. You probably can too.

Make a bit of a well in the middle of the meringue to hold the cream. Put the baking pan into the oven and cook for 1 hour and 15 minutes, until the meringue is crispy on the outside and has turned a light cream color. Turn off the oven and leave the meringue in the oven to cool.

Whip the cream until it holds stiff peaks, then whisk in the vanilla and the powdered sugar. Put the meringue base on a serving platter and pile the whipped cream on top. Decorate the top with the fresh fruit and serve immediately. *Serves 8-10.*

<http://www.abigailblake.com/sugarapple>  
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