

Fruit pavlova

Ingredients for 2

For the pavlovas

- 2 free-range egg white
- 1 large pinch cream of tartar
- 100g caster sugar

Skills:

Weigh and measure, separating eggs, whisking, piping, baking, fine garnishing.

Nutrition and healthy eating:

Meringues are very high in sugar and should only be eaten occasionally as a treat. They are better if eaten with fresh fruit for fibre and vitamin C



Method

1. Preheat the oven to 180°C/Gas 4. Line a baking sheet with baking paper.
2. Use an edible marker to draw 2 pavlova circles on your baking sheet 10cm in diameter.
3. Separate the egg yolks from the egg whites.
4. Whisk the egg whites in a very clean large bowl with a pinch of cream of tartar using an electric whisk until soft peaks form when the whisk is removed.
5. Continue to whisk the egg whites, gradually adding the sugar a couple of dessertspoons at a time, until all of the sugar is incorporated and the egg whites form stiff peaks when the whisk is removed.
6. Pipe or spoon large swirls of the mixture onto the prepared baking tray and mould into nests.
7. Place into the oven, then immediately turn the temperature down to 120°C/Gas ½ and cook for one hour.

CLEAN AS YOU GO

To serve

- 100ml double cream
 - 4 strawberries
 - 2 plates
1. Whisk the cream with a hand whisk until it just thickens.... Do not over whisk.
 2. Wash, hull and slice the 2 strawberries. Cut 2 strawberries into strawberry fans for decorating. Stir the sliced strawberries into the cream.
 3. Carefully peel the meringues off the baking parchment and place onto serving plates.
 4. Spoon the whipped cream into the centre of each meringue nest.
 5. Arrange the strawberry fans on the top of the nest.

Extra skill and fine garnishing could be achieved by making a coulis to decorate the plate or making some chocolate shards to add to your pavlova.