“Pavlova”

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Classic, melt-in-your-mouth, Aussie dessert! Serves 6

Ingredients:

4	egg whites, room temperature
1/4	teaspoon salt
3	tablespoons cold water
1	teaspoon white vinegar, or bottled lemon juice
1	teaspoon vanilla
1	cup sugar
1	tablespoon cornstarch
3	cups sliced fresh fruit*
1/4	cup sugar
1	cup real whipping cream
3	tablespoons powdered sugar

Nutrition Facts

Serving Size 1-4" shell or 1/6 recipe
Servings Per Container 6

Amount Per Serving	
Calories 360	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 9g	**46%**
Cholesterol 55mg	**18%**
Sodium 150mg	**6%**
Total Carbohydrate 56g	**19%**
Dietary Fiber 3g	**11%**
Sugars 50g	
Protein 4g	

Vitamin A 15%	•	Vitamin C 40%	
Calcium 4%	•	Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Method:

TIP: All equipment used in beating the meringue must be completely free of oil.

Preheat oven to 250 degrees. Draw 6 circles (4 inch diameter) or one large circle (approximately 8 inches diameter) on baking parchment paper; place parchment on flat baking sheet and set aside.

Combine egg whites and salt in an oil free glass or metal mixing bowl. Beat until stiff. Add cold water, vinegar, and vanilla; beat. Combine 1 cup sugar with 1 tablespoon cornstarch. Slowly beat sugar mixture into egg whites, adding sugar one tablespoon at a time. Beat until very very stiff.

Spoon approximately 1 heaping tablespoon meringue onto each 4 inch circle and spread evenly to fill circle. Fill oil free pastry bag with remaining meringue and pipe a large standing edge around each circle, creating a dish or cup (may also spoon meringue onto circles and shape into a cup using the back of a spoon rather than piping). Bake for 1 hour; turn off oven and allow Pavlova to cool inside the oven.

Peel and slice fruit and mix with 1/4 cup sugar. Allow fruit to set with sugar for about 30 minutes to develop own juices.

Stir powdered sugar into whipping cream; whip until stiff. Place baked shells on serving plate(s); cover bottom of shell with whipped cream; spoon prepared fruit into center and serve.

Notes:

* Berries are pretty on Pavlova; passion fruit and papaya are common; but any combination of fruit is great. Nutrition has been calculated using 1 cup each: red raspberries, blueberries, sliced strawberries.