

New Zealand: Christmas Recipe



New Zealand Pavlova

This beautiful cloud like treat has a crispy exterior while the inside is deliciously light marshmallow like interior melts in your mouth. Topped with sweeten whipped cream and berries, It is the perfect celebration dessert.

Ingredients

Meringue Shell

- 3 egg whites
- 1 ¼ cups white sugar
- 2 tablespoons water
- 3 teaspoons cornstarch
- ½ teaspoon vanilla extract
- 1 teaspoon distilled white vinegar
- ⅛ teaspoon salt

Toppings

2 C -Whipped Cream

2 C -Fresh Fruit cut and prepped to lay out in a decorative pattern on cooled Pavlova.

Ie: berries, Kiwi, Star Fruit, Orange

slices...be creative

Method

- 1.Preheat oven to 275 degrees F (135 degrees C). Grease a cookie sheet, line it with parchment paper and sprinkle a little water over paper.
- 2.In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add sugar, continuing to beat until stiff peaks form. Beat in water, then mix in cornstarch, vanilla, vinegar and salt.
- 3.Pour entire meringue mixture onto the center of the pan. Pavlova will spread as it bakes.
- 4.Bake in the preheated oven for 45 minutes. Turn oven off and leave Pavlova in the oven until cold.
- 5.Place on serving plate and top with fresh fruit and whipped cream.