

ELIZABETH

MEATYARD

EXCLUSIVE RECIPES, QUICK, EASY, DELICIOUS...



Pavlova Meringue



My good friend and cookery mentor Sally Erhardt, formerly of the Prue Leith School very kindly showed me how to achieve the perfect pavlova, that wonderful chewy centre with the crisp outer shell. The key, I think, is not to leave it in the oven on that low heat for hours on end. Be bold – 140C!!!

Whisk the egg whites with pinch of salt until stiff, then gradually add the sugar continuing to whisk the mixture. (This is much easier to do with an electric mixer, just keep it on the highest speed even when adding the sugar.) Next add the cornflour vanilla and vinegar. Pile the mixture onto your prepared baking sheet shaping into a flat circle about 3cm deep.

Bake in the oven at 140C for about 35 minutes

then turn heat down to 110C and bake for about another 15 minutes – or until the outer shell is hard to the touch and a pale biscuit colour. Remove from the oven and turn it over onto a wire rack (very carefully) and remove the baking parchment.

Once the pavlova base is cool transfer on to your serving dish. Add the vanilla to the pot of crème fraîche and fold it in gently you don't want the mixture to thin. Spoon on to the meringue and pile the fruit on top with a handful of finely chopped mint and a dusting of icing sugar.

Serve immediately



YOU WILL NEED:

Baking parchment cut to size of baking tray.
4oz (110g) egg white. This will probably equate to 4 medium size eggs, but you must measure.
Pinch salt
8oz (225g) golden caster sugar
Tsp white wine vinegar
Tsp cornflour
2 tsp vanilla extract available at most supermarkets

Filling:

Large pot of full fat crème fraîche
4 tsp vanilla extract
Strawberries raspberries and chopped mint
Icing sugar to dust.

Elizabeth Meatyard writes exclusively every month for LIVING WITHIN, sharing recipes that you can cook and eat, day in, day out.

When she's not writing, Elizabeth runs a catering company, From Me To You, based in Surrey.