



## Pavlova

**Pavlova** is a meringue-based dessert named after the Russian ballerina Anna Pavlova. It is a meringue with a crisp crust and soft, light inside, usually topped with fruit and whipped cream. The dessert is believed to have been created in honour of the dancer either during or after one of her tours to Australia and New Zealand in the 1920s. The nationality of its creator has been a source of argument between the two countries for many years, but New Zealand is favourite. Pavlova is a popular dish and an important part of the national cuisine of both countries, and with its simple recipe, is frequently served during celebratory and holiday meals. It is a dessert most identified with the summer time, but is so good you can eat it all year round. This recipe is from Roger at Chapters Bistro, hope you enjoy it.

### To Prepare

**6 egg whites**

**350g caster sugar**

**2 teaspoons cornflour**

**1 teaspoon white wine vinegar**

**A pinch of salt**

Preheat oven to 140C. Lightly grease baking tray with non stick baking paper

In a large bowl whisk the egg whites with a pinch of salt into stiff peaks. Gradually whisk in the sugar to make a very stiff and shiny meringue. Whisk in the cornflour and vinegar

Drop 8 large spoonfuls of the mixture on to the baking trays and spread each one into a round. Bake for 45 mins until pale in colour and marshmallow-like in the centre. Turn off the oven, leave the door ajar and leave them to cool.

To serve whip double cream into soft peaks spoon into the pavlovas and add the fruit.