PAVLOVA WITH MANGO AND PASSIONFRUIT

Ingredients

Serves 10

Pavlova shell

- ☐ 7 egg whites
- □ Pinch of salt
- ☐ 460g caster sugar
- □ 2 tsp cornflour
- \Box 11/2 tsp white vinegar
- ☐ Zest of a lime

- □ 250ml pure cream
- ☐ 200ml creme fraiche
- ☐ 1 mango, sliced into wedges
- ☐ The pulp from two passionfruit
- ☐ 2tbsp coconut flakes
- ☐ Zest of a lime

Method

Preheat the oven to 150C. Line a baking tray with baking paper.

In a very clean bowl, place the egg whites with the pinch of salt in a bowl of a stand mixer fitted with a whisk attachment. Whisk on a low speed until the whites begin to break up. Increase the speed to low-medium and continue to whisk until soft peaks form. Slowly add the sugar, one teaspoon at a time. This will take around 10 minutes. Increase the speed to high and beat for two minutes. You should have a stiff and glossy meringue.

Fold in the corn flour, vinegar and lime zest by hand. Spoon the mixture onto the prepared baking tray and use a palette knife or spatula to form a circle around 23cm in diameter. Create a dome shape by smoothing the edges towards the centre and then create a slight dip in the centre, making the edges slightly higher than the centre.

Reduce the oven to 120C and bake the pavlova for approximately 1 hour or until the exterior has formed a crust. Turn off the oven and leave the pavlova shell to cool in the oven completely for at least 3 hours.

Just before serving, whip the cream and crème fraîche to soft pillowy peaks. Spoon onto the pavlova shell and top with the mango and passionfruit. Scatter over the coconut flakes and the lime zest.





