

Pavlova with Strawberries

Description

This is a meringue-based dessert named after a Russian ballerina named Anna Pavlova. It's incredibly addictive and perfect for summer.

Ingredients

- 3/4 cups granulated sugar
- 2 tsp cornstarch
- 3 egg whites, at room temperature
- 2 tsp vanilla
- 3/4 tsp white vinegar
- 2 cups heavy cream
- 3 tbsp powdered sugar
- 1 pt strawberries hulled and sliced

Instructions

Preheat oven to 250°.

Line a baking sheet with parchment paper.

Whisk granulated sugar and cornstarch in a bowl and set aside.

Beat egg white in a bowl until they are foamy and have a thick, ribbony texture, 2-3 minutes. Pour 1/4 of the sugar mixture into the egg whites; whisk until completely incorporated, about 30 seconds. Repeat with the rest of the sugar mixture, whisking after each addition, leaving the egg whites thick and glossy. Pour 1 tsp. vanilla and the vinegar into the egg white mixture and whisk until you can lift the whisk or beater straight up and the egg whites form a sharp peak that holds its shape, 2-3 minutes.

Spoon egg mixture onto prepared baking sheet and spread out into 2 inch thick and 6 inch round disks.

Bake in the preheated oven for 1 hour.

Turn the oven door, crack open the oven door and let the Pavlova cool for 1 hour.

Whip cream, powdered sugar, and remaining tsp. vanilla until soft peaks form, 3-4 minutes.

Transfer each Pavlova to a serving plate and top with whipping cream and strawberries.



Summary

Yield: 12

Source:

<http://allrecipes.com/recipe/21268/chef-johns-pavlova-with-strawberries/>

Prep Time: 2 1/2 hours

Category: Desserts

Cuisine: New Zealand

Tags: egg whites, strawberries, meringue