

Pavlova with Fresh Berries



Serves: 10

A Pavlova is a dessert believed to have been created in honor of the famous ballerina Anna Pavlova dancer either during or after one of her tours to Australia and New Zealand in the 1920s. It is a meringue dessert topped with whipped cream and fresh kiwi and berries. Besides being beautiful and delicious It is also gluten free as there is no flour in this dessert.

Yield: 1 10" cake

Ingredients:

PAVLOVA	
4	extra large egg whites, room temperature
1/4 teaspoon	salt
3/4 cup	sugar
1 tablespoon	cornstarch, dissolved in 1/3 cup water to make a paste
1 teaspoon	white vinegar, or lemon juice as a substitution
3	fresh kiwi fruits, peeled and thinly sliced
1 (1-pint) carton	fresh blueberries
1 (1-quart) carton	fresh strawberries, dissolved in 1/3 cup water to make a paste
WHIPPED CREAM	
2 cups	heavy cream
2/3 cup	confectioners' sugar

1 teaspoon | vanilla extract

2 tablespoons | orange or raspberry liqueur, optional

Directions:

1. Preheat the oven to 225° F.
2. Draw a 10-inch circle a piece of parchment paper by using the bottom of a 10" spring form pan with a pencil and place upside down on a baking sheet. The circle will show through the paper.
3. Place the room temperature egg whites and salt in the bowl of a stand mixer with the whisk attachment in place. Beat the egg whites on high speed until very frothy.
4. Add salt and vinegar. Vinegar will stabilize egg whites and help with volume.
5. While mixer is on high slowly add the sugar after vinegar and continue to beat until sugar is dissolved. Meringue will be shiny with stiff peaks.
6. Add cornstarch paste 1 tablespoon at a time.
7. Place the meringue into the middle of the circle on the parchment paper and spread it to the edge of the circle forming an even shallow well.
8. Bake for 1 1/2 hours. Then turn the oven off but keep the door closed and allow the meringue to cool completely in the oven for 1 hour. This will render a crisp outside and soft inside.
9. Remove the meringue from the parchment paper and place it onto a cake board or plate.
10. Spread the top completely with sweetened whipped cream.
11. Starting from the outside edge carefully arrange kiwi slices around the edge of the meringue. Now add the strawberries which have been sliced lengthwise and placed to form two rows. Now add enough blueberries to fill the bowl created by the strawberries.
12. Chill for 30 minutes. Garnish with fresh mint in the center and serve.

WHIPPED CREAM:

1. Place heavy cream in bowl of mixer with whisk attached and beat on high until slightly thickened.
2. Add confectioners' sugar and vanilla. Continue beating until stiff.
3. Fold in fruit flavored liqueur if using
3. Ready to use.