

Individual Chocolate Pavlovas with Dark Chocolate Cream

From a cooking class with Phillis Carey, 2020



PAVLOVAS:

2 large egg whites, at room temperature
2 tablespoons dark brown sugar
6 tablespoons superfine sugar
1 pinch salt
1/2 teaspoon white vinegar
1/2 teaspoon vanilla extract
1 tablespoon unsweetened cocoa powder
1/2 cup heavy cream, whipped (garnish)
chocolate curls (garnish)

CHOCOLATE CREAM:

2 large egg yolks
2 tablespoons sugar
1/4 cup heavy cream, + 1 tablespoon
1/4 cup whole milk
1/2 teaspoon coarse salt
4 ounces dark chocolate, finely chopped
1/2 teaspoon vanilla extract

Per Serving (excluding unknown items): 465 Calories; 28g Fat (52.1% calories from fat); 6g Protein; 52g Carbohydrate; 2g Dietary Fiber; 170mg Cholesterol; 330mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 5 1/2 Fat; 3 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. PAVLOVAS: To make meringue, preheat oven to 275°F. Line a rimmed baking sheet with parchment. Draw four 4-inch circles on parchment, flip parchment over (so you can see the pencil marks but it won't be absorbed into the meringue). Mix egg whites, sugars, salt and vinegar in a mixing bowl, set over a bowl of simmering water. Whisk constantly until sugars dissolve and mixture is warm, about 3 minutes. Remove from heat and whisk on medium-high speed or hand mixer until stiff peaks form, about 8 minutes. Set a timer if that helps - you do not want to under-beat this meringue. Beat in vanilla.
2. Sift cocoa powder over meringue and fold until barely any streaks remain. Using an offset spatula or a large spoon, spread meringue onto parchment, using the circles as a guide. Be careful not to spread out too much as the meringue will spread some during baking. Form a small well in the center of each meringue, being careful not to spread the meringue too thin in the center.
3. Bake meringues until dry to the touch, about 40-45 minutes. Let cool on sheet pan on wire rack. Meringues will keep in a tightly covered container for up to one day. Remove to a sealed container.
4. CHOCOLATE CREAM: Prepare an ice-water bath.
5. Whisk egg yolks and half of the sugar in a medium bowl. Bring cream, milk, salt and remaining sugar to a simmer in a medium saucepan. Pour a THIRD of the hot cream mixture into the yolk mixture, whisking until combined. Pour yolk mixture into pan with hot cream. Cook over medium heat, stirring, until mixture coats the back of a spoon - this will happen very quickly.
6. Place chopped chocolate in a large heatproof bowl. Pour hot mixture over chocolate. Whisk until chocolate melts and mixture is smooth. Strain through a sieve into a medium bowl, then set bowl in ice-water bath, stirring often, until chocolate is cool/cold. Stir in vanilla. Press a piece of plastic wrap directly on surface of chocolate cream, cover and refrigerate for up to three days.
7. ASSEMBLY: Spread chocolate cream evenly in the center of each meringue, leaving a 1/2-inch border around the outside. Spread whipped cream over chocolate cream. Garnish with chocolate curls and serve immediately.