

Pavlova with Fresh Fruit

Internet Address:



MERINGUE:

4 large egg whites, at room temperature (they should not be cold - important!)

1 teaspoon cider vinegar

1 teaspoon cornstarch

1 cup Splenda Granular (if you don't have superfine sugar process regular granulated sugar in a food processor until fine, but not powdery) or use Splenda

1/2 teaspoon pure vanilla extract

CREAM:

1 1/4 cup heavy cream, chilled

1 tablespoon granulated sugar

TOP:

fresh blueberries and peaches

A few fresh mint leaves, optional

Powdered sugar, optional

Servings: 8

Use whatever fruits you have available - summer fruits are the best, but really you could use canned peaches, fresh bananas, kiwi slices, and blueberries. Strawberries are also a favorite.

1. Preheat the oven to 200°. Set rack in the middle of the oven.
2. Place the egg whites in a large mixing bowl (the bowl should be clean and absolutely dry!). Beat with an electric mixer on medium speed until foamy.
3. Add the vinegar and cornstarch. Continue to beat until soft peaks form, about 3 minutes.
4. Add the sugar (or Splenda) gradually, about 1 tablespoon at a time, continue beating until the mixture is glossy and stiff, about 5 minutes. To check if the mixture is ready: lift the beaters - if the mixture holds its shape as a pointy peak that stays on the beaters, it is ready. Add the vanilla extract and beat just until blended.
5. Line the bottom of a rimless baking sheet with parchment paper. Invert a 9 inch plate onto the parchment paper. Draw a circle around it with a pencil. Turn the paper over. You will use the circle as a guide for your meringue border.
6. Using a rubber spatula, gently spoon the meringue mixture onto the parchment paper and spread it to cover the circle. Thin out the center. This is where you will spoon the cream.
7. Bake, without opening the oven, for 1 hour and 40 minutes, until it is glossy and hard to touch. Remember - the shell should remain white! Turn off the oven and leave the shell to cool in the oven, without opening the doors, until it has cooled completely, at least 2 hours. (The cooked meringue will be crispy on the outside, yet marshmallow-tender on the inside).
8. Carefully peel the parchment paper from the meringue and transfer it onto your cake stand.
9. Meanwhile, prepare the cream: In a medium mixing bowl, beat the cream with sugar until thick. Spoon the mixture evenly into the center of the baked shell. Top with mixed berries or stone fruit, kiwis, etc. Decorate with fresh mint leaves. Sift some powdered sugar on top. Serve immediately. Assemble Pavlova right before serving!. If you do this earlier, the meringue shell soaks up the moisture from the cream and will collapse when you cut the cake.

Per Serving (excluding unknown items): 145 Calories; 14g Fat (84.4% calories from fat); 3g Protein; 3g Carbohydrate; trace Dietary Fiber; 51mg Cholesterol; 41mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>