

## PAVLOVA / ETON MESS



### INGREDIENTS

2 large free-range eggs

100g caster sugar

1 teaspoon cornflour

1 teaspoon white wine vinegar

300g fruit

300ml double cream

### To make your meringue

1. Preheat the oven to 140°C Fan
2. Line a large baking tray with greaseproof paper.
3. Draw a 20cm circle on the paper.
4. Weigh the sugar.
5. Separate the eggs, placing the whites into a large clean mixing bowl (if you are in any doubt wipe the bowl and whisks with a paper towel with vinegar on)

and add the yolks to a small bowl (save for another recipe). **Make sure there's no shell or yolk in with the whites because it will spoil the meringue.**

6. Using an electric hand whisk, beat the egg whites on the low-speed to break them up then switch to a high setting and whisk until they form soft peaks.
7. Gradually add the caster sugar, a tablespoonful at a time, counting to 30 between each addition.
8. When you have added all the sugar add the cornflour and vinegar to the bowl.
9. Whisk the whites for a further 4 to 5 minutes, or until white and glossy
10. Dip a clean finger into the mix and rub against your thumb - if the mixture feels grainy continue whisking for a further 2 minutes
11. Once ready, dot a tiny bit of meringue on each corner of the greaseproof, then turn it over and press down - this will then secure it to the tray
12. Dollop the mixture onto the tray and spread out inside the circle, using the back of your spoon to create little wispy bits on the top

### **To bake your meringue**

1. Place in the hot oven for around 1 hour 15 minutes, or until crisp on the outside and chewy in the middle
2. Turn off the oven and leave to cool on the tray with the oven door open.

### **To prepare your creamy filling**

1. Prepare your chosen fruit
2. Whip the cream with an electric whisk until it holds its shape.

### **To assemble your Pavlova**

1. Remove the meringue from the parchment and slide on to a plate.
2. Top with the whipped cream and the fruit.

**To make Eton Mess (a good idea if your meringue breaks!)**

3. Once cool, break the meringue up into big chunks
4. Spoon a little fruit into the bottom of each serving bowl, top with cream, a layer of crumbled meringue, then a second layer of fruit and cream.
5. Finish with a final layer of crumbled meringue and a drizzle of juice from the bowl, then serve.

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