

PAVLOVA KIWI STYLE



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Dit is hoe haar ma van New Zealand aan my Kiwi skoondogter verduidelik hoe om Pavlova te maak:

Firstly you need to preheat your oven 120C. The oven needs to be low as the secret to making a damn good Pavlova lies in the fact that the egg whites in the pavlova dry out and set rather than bake.

Your best to use a kitchen mixer for preparing this dessert as there is a lot of whisking involved! So into the bowl of your kitchen mixer drop 6 egg whites and a pinch of salt and whisk until soft peaks form.

Continue with the whisking and gradually add in 270gms of caster sugar a tablespoon at a time which will allow enough energy for the sugar to dissolve. The whisking will be complete when the mixture is glossy and shiny and no evidence of sugar is visible.

Remove the bowl from the mixing unit and carefully fold in 1 teaspoon of white vinegar, 1 teaspoon of pure vanilla extract or paste and 2 teaspoons of cornflour.

On to a baking paper lined oven tray, pile the luscious pavlova cloud in the shape of a cake, either whipping up the peaks to create a dramatic effect or flattening into a round for a more traditional pavlova look.

Bake in that nice slow oven for 1 to 1-1/2 hours. You will know when it's done by lightly tapping the top of the pavlova

which should be hard. Turn the oven off and leaving the door slightly ajar leave the pavlova to cool completely.

Dress the pavlova with lashings of freshly whipped sweetened cream and slices of kiwifruit for the traditional fare or use any combination of fresh fruit such as strawberries, passion fruit, raspberries or banana.

BRON: Elize de Kock