

CUPPACHINO PAVLOVA



By Food lovers recipes

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Serves: 8 – 10

250 g caster sugar

4 teaspoons instant espresso powder (not instant coffee granules)

4 large egg whites

1 pinch of salt

2 teaspoons cornflour

1 teaspoon white wine vinegar

300 ml double cream

1 teaspoon cocoa powder

Preheat the oven to 180°C/gas mark 4/350°F.

Line a flat oven sheet with baking parchment and, using a 23 cm/9-inch cake tin, draw a circle on it.

Mix the sugar with the instant espresso powder in a small bowl and set aside.

In a clean, grease-free metal bowl whisk the egg whites and salt until they are holding soft peaks.

Keep whisking while you add the sugar-coffee mixture a tablespoon at a time.

When you have a firm, ecru-coloured meringue, fold in the cornflour and vinegar using a grease-free metal spoon.

Dollop the meringue mixture inside the drawn circle. Smooth and shape it with a spatula so that it looks rather like the crown of a boater: it must be flat on top.

Put it in the oven and immediately turn down to 150°C/gas mark 3/300°F and cook for an hour.

Switch off the oven and leave inside until cool.

Once the base is cool, lift it carefully in its paper and place it top-side down on a flat plate and peel off the paper.

Whip the double cream until thick but soft and spread delicately over the top of the meringue.

With a teaspoon, push the cocoa through a fine sieve or tea strainer to decorate the top, cappuccino-style.

Photo: Reon Conradie

Nota: Ekt dit dubbel aangemaak en op die eerste pavlova room en gekapte pekanneute gesit en toe die ander een bo op met room en sjokolade oor gerasper.