

PAVLOVA



Ingredients (serves 4 people):

4 egg whites, use older eggs, at room temperature

Pinch of salt

2 cups sugar

1 tsp vanilla essence

1 tsp vinegar

1 tbsp corn flour

3 tbsp boiling water

Whipped cream to taste

Fresh fruit to taste

Preparation:

1. Preheat the oven to 150° C.

2. Beat all ingredients together in an electric mixer for 15 minutes until the mixture forms firm, glossy peaks.
3. Spoon the mixture into greased baking paper on a tray in one large circle or eight small ones.
4. Bake for 30 minutes, then turn the oven off and leave the pavlova inside for at least another hour.
5. Do not open the oven during this time.
6. To serve place onto plates and garnish with whipped cream and fresh fruit.

