

# What's Cookin': Nix meringue on a humid day

Pavlova is a meringue-based dessert, usually topped with either whipped cream, ice cream or both, then fresh fruit. It can also be garnished with chocolate.

There is a bit of a conflict as to which is the country of origin for this dish. You see, pavlova was created for and named after a famous Russian ballerina Anna Pavlova. However, where it was first created is the problem.

Some say that it was in Australia, the hotel chef where Ms. Pavlova was dining created the dish for her. Some say that although this may be where the dish adopted its new name, it had been created in New Zealand long before. There are actually whole books written to discuss the origin of the dish and who was responsible. Amazing!

Well, whoever was responsible did a fine job—it is an excellent recipe. You can make the pavlova in the full-sized version you see in the photo, or you can

**Lori Gysel & Gerry Kentner**



also make smaller, individual portions. However, don't bother trying to make this dish on a really humid day—it just won't work. Trust me, I've tried it. Even in an air-conditioned kitchen there was just too much humidity in the air to allow the meringue to dry out properly.

I also made a variation on the traditional pavlova once by first layering a homemade lemon curd into the cooked meringue shell, then the whipped cream, then blueberries. It was delicious. As a matter of fact it was so good, now that I think of it, I may have to make it again!

Have fun and keep cooking!

Email questions and comments to Lori and Gerry at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com)

## Pavlova Ingredients

- 3 egg whites (room temperature)
- 3 tbsp water (ice cold)
- 1 cup extra fine sugar
- 1 tsp vinegar
- 1 tsp vanilla (or less if real thing)
- 1 tsp corn starch

## Method

1. Beat egg whites stiff when stiff add cold water in 1 tbsp increments while beating.

2. Without stopping the beating add sugar slowly, continue beating as you feel the consistency change. Then slow down speed and add vinegar, vanilla and cornstarch. Continue to beat until you feel it thicken to a workable consistency.

3. Turn the mixture onto a parchment lined baking sheet and form into a circle. Go around the outside with a spatula to form a wall, then flatten the centre slightly.

4. Bake at 300F or 150C for 45 minutes. Cool in oven.

5. The centre will usually cave in.

6. Fill centre with 250 ml. whipped cream sweetened with a little icing sugar.

7. Top with fresh fruit of your choice.



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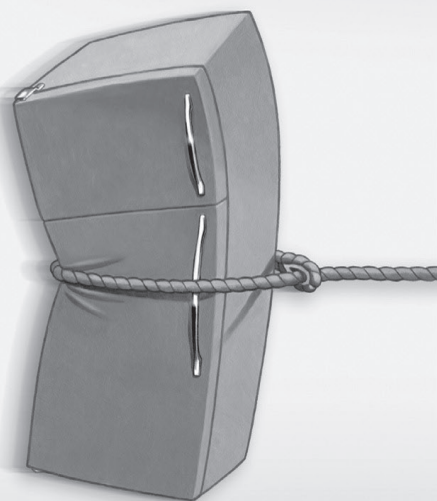
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