



High Altitude Australian Pavlova

Preparation Time: up to 30 mins

Cooking Time: 2 hrs.

Total Time: 10 hrs.

Serves: 8

Difficulty: Medium

If you have ever made this in Australia, this recipe version will go against everything you know, but this method is full proof at altitude.

INGREDIENTS

6 egg whites
2 cups fine sugar
4 tablespoons corn starch/flour
2 teaspoons vanilla
2 teaspoons white vinegar
6 tablespoons boiling water

Fruit and Cream

Heavy whipping cream
2 tablespoons fine sugar
Variety of fruit – Anything Goes

- Strawberries
- Blueberries & Blackberries
- Passionfruit
- Kiwi fruit pulp
- Raspberries
- Mango
- Pineapple

DIRECTIONS

Pavlova

1. In the electric mixer bowl, place all the ingredients and beat on high for 20-30 mins until the peaks are stiff.
2. Line a baking tray with baking/parchment paper and dust with corn flour.
3. With a metal spoon, create a ½" round circle base.
4. Then spoon round blobs around the edge of the circle base, then using a fork or knife make swirls at the top of each blob.
5. Place in a cold oven, turn oven to 250f/121c, cook for 2 hours.
6. Turn off oven and leave in oven overnight with the oven door closed. Do not open the oven door.
7. Whip the cream and 1-2 tablespoons of fine sugar
8. Place the whipped cream in the middle and dress with fresh fruit of your liking.

Note:

I like to do a fresh raspberry or blueberry coulis. My Raspberry Coulis Recipe

- ½ cup sugar
- 12 oz fresh or frozen raspberries
- 3 tablespoons orange juice (lemon works too)
- 1 tablespoon Grand Marnier or Chambord liqueur

Directions:

Place all the ingredients in a small saucepan/pot, cook over medium heat until thickened. You can strain it through a fine mesh strainer, but I prefer it more rustic. Let cool, then drizzle over the cream and over edges of pavlova. The add fresh fruit.