Fruit Salad Pavlova Smash

DIFFICULTY: MEDIUM

PREPARATION TIME: 20 MINS

COOKING TIME: 1 HOUR 30 MINS

SERVES: 8

Ingredients

6 egg whites, at room temperature

Pinch of salt

330g caster sugar

3 tsp cornflour

1 ½ tsp vinegar

50g coconut flakes

150ml thickened cream

150ml crème fraiche

1 tbsp coconut liqueur

1 tsp vanilla extract

1 tbsp icing sugar powder

1 ripe mango

1 punnet strawberries, hulled and quartered

2 kiwi fruit, peeled, halved and cut into slices

Method

Preheat oven on CircoTherm® to 100⁰C. Line two enamel trays with baking paper.

In a large bowl of an electric mixer, beat the egg whites and salt until soft peaks form. Slowly add the sugar in three batches. Beat meringue until stiff peaks form and all of the sugar has dissolved. Check the mixture by rubbing a small amount between your fingers.

Using a wire whisk, fold in the cornflour and vinegar. Using an ice cream scoop, scoop half of the meringue mixture on to one of the prepared trays in a rectangular shape. Place the remaining meringue in a piping bag, fitted with a star nozzle and pipe out small meringues on to the second tray.

Place in the oven, on shelf level 1 and 3 and cook for 1 ½. Leave the Pavlova in the oven to cool for at least 30 minutes. Remove from the oven and allow to cool completely.

Preheat oven on CircoTherm® to 160°C. Toast flaked coconut for 10 minutes until lightly golden. Allow to cool.

Put the cream, crème fraiche, coconut liqueur, vanilla and sugar in a medium bowl. Whisk until soft peaks form. Refrigerate until ready to serve.

Cut mango in half and use a spoon to scoop out flesh. Cut one half into thin slices. Roughly chop remaining mango and place into a bowl of a food processor and process to a smooth puree. Refrigerate until ready to serve.

Place the scooped Pavlova on to a serving plate and top with half of the whipped cream, mango puree and piped meringues. Top with remaining cream, puree and meringues. Decorate with mango slices, strawberries and kiwi and sprinkle with coconut flakes.

Notes:

Pavlova can be made a day in advance. Cook and store in an airtight container undecorated.

Notes