

THE NEFF KITCHEN



For lovers of food and NEFF appliances.



Summer Pavlova Recipe

By Fransje Garland-Frost

Serves: 8-10 servings

Cooking time: 2 ½ hours (includes preheating time)

Prep time: 15 minutes

Function: CircoTherm® or Baking and Roasting Assist

Cuisine: Australian

Ingredients

5 egg whites, at room temperature
Pinch of salt
300g caster sugar
½ tsp vanilla extract
3 tsp cornflour
1 ½ tsp vinegar
300 ml thickened cream
1 tsp vanilla extract
1 tbsp caster sugar
1 punnet strawberries, hulled and quartered
1 punnet raspberries
1 punnet blueberries
2 passionfruit

Method

Preheat oven on CircoTherm to 100°C or select Baking and Roasting Assist > Baking > Pavlova and adjust the temperature to 100°C. Line the enamel tray 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. Add the vanilla. 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. Spoon the meringue onto the prepared tray and flatten out using a spatula to approximately 25 cm in diameter. Use a spatula to shape the edges and to pull the meringue mixture up, making a crown like finish.

Place in the oven and cook for 2 hours or the time suggested by Baking and Roasting Assist. Leave the Pavlova in the oven to cool for at least ½ hour or until completely cool.

Put the cream, vanilla and sugar in a medium bowl. Whisk until soft peaks form. Place the Pavlova on to a serving plate and spread with whipped cream. Dress with the strawberries, raspberries and blueberries. Cut passionfruit in half and spoon pulp over the top of the berries.