



LISA'S PERFECT PAVLOVA



INGREDIENTS

- 3 Egg Whites
- 5ml (1tsp) cornflour
- 5ml (1tsp) vinegar
- 175g (6oz) caster sugar
- 300ml (10floz) fresh double cream
- 225g (8oz) Fresh Fruit

PREPARTION

- Preheat oven to 170 degrees or gas mark 3
- Line a flat oven tray with baking parchment



METHOD

- 01 Separate the egg yolks and whites (setting the yolks to one side for another recipe)
- 02 Using a whisk, beat the egg whites until stiff, soft peaks.
- 03 Mix cornflour and vinegar together and then whisk the mixtures into your beaten egg whites along with half the sugar
- 04 Fold in remaining sugar with metal spoon
- 05 On your lined baking tray, pipe or spoon the mixture into 5 circle shapes, leaving a 2-inch gap between them
- 06 Bake for 1 hour or until crisp and dry, then set aside to cool
- 07 Whip cream until softly stiff, then pipe or spoon the cream onto your cooled meringue. Top off with fresh fruit. Enjoy.