

Mini Pavlovas



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Recipe by: Laura Vitale

Makes 8-12 (depending on size)

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

- __ 5 Large Egg Whites
- __ 1 cup of Sugar
- __ 1 tsp of White Wine Vinegar or balsamic vinegar
- __ 2 tsp of Corn Starch
- __ 1/2 tsp of Vanilla Extract
- __ 1/4 tsp of Salt
- __ 1/2 tsp of Cream of Tartar

For the cream:

- __ 1 cup of Heavy Cream
- __ 2 Tbsp of Powdered Sugar

For the topping:

- __ 6 kiwis
- __ Fresh Raspberries

1) Preheat the oven to 300 degrees.

2) On two pieces of parchment paper, using a " cookie cutter as a guide, draw about 12 circles with pencil on one side of the parchment paper.

2) In the bowl of a standing mixer fitted with a whisk attachment (make sure your bowl and attachment are extremely clean with no grease residue anywhere otherwise the egg whites won't whip) beat the egg whites until they start becoming foamy. Add the salt and cream of tartar and whisk until it starts developing stiffer peaks.

3) With the beater running, gradually add in the sugar, one Tbsp at a time, beat until it becomes thick and glossy and the sugar has dissolved.

4) Using a spatula, fold in the vanilla, cornstarch and vinegar, being careful not to deflate the egg whites.

5) Spoon this mixture in the center of the circle you've drawn on the parchment paper (be sure to use the opposite side of the parchment paper from the pencil as not to get graphite in your batter), and using either a spoon or a piping bag fitted with a star tip, make 4 circle mounds (a few inches apart) on your prepared baking sheet

6) Bake the pavlova for about 30 minutes. Turn the oven off and open the oven door slightly to let them cool in the oven completely.

7) Peel and roughly chop the kiwi, place them in a food processor or blender and blitz until smooth.

8) In a large bowl, whisk the heavy cream until it forms soft peaks, add the sugar and continue to whisk until it forms stiff peaks.

9) Spoon the cream in the center of each little pavlova and spoon a little kiwi sauce and top with a couple raspberries.

Serve immediately!

