



Pavlova with Summer Berries

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

Pavlova

- 6 large egg whites, at room temperature (see Chef Tip)
- 1 ½ cup superfine granulated sugar
- 2 teaspoon O&V **Melipone Vanilla** *
- ¾ teaspoon cream of tartar
- 1 ½ teaspoon cornstarch plus more for dusting the parchment paper

Toppings

- 1 jar O&V **Lemon Curd** *
- 8 oz Mascarpone cheese
- 1 ½ cups heavy whipping cream
- 3 tablespoons sugar
- 1 lb assorted fresh berries (about 3 cups)
- 3 tablespoons O&V **Strawberry Rhubarb vinegar** *
- Fresh mint or fresh basil for garnish

Preparation

Preheat the oven to 350F. Line a large baking sheet with parchment paper, going up the sides a little bit. Sprinkle the parchment lightly with some cornstarch

Beat the egg whites and cream of tartar in a large bowl with an electric beater until soft peaks form (about 3-4 minutes). With the beaters running, add the sugar in small amounts (about 2 tablespoons at a time), beating well until sugar is incorporated before

adding more. Continue beating until glossy stiff peaks begin to form. Add in the vanilla and beat another 30 seconds. The peaks should remain stiff, if not keep beating at high speed.

Use a spatula to fold in the cornstarch. Spread the meringue into the parchment lined baking sheet over the sprinkled cornstarch creating a slight dip in the center and higher edges. Keep the meringue about ½” from the sides of the pan or it may become difficult to remove the pavlova from the baking sheet to serve.

Place in the oven and immediately reduce the temperature to 200F. Bake in the oven until the pavlova is firm and dry (about 90 - 100 minutes). Turn the oven off and let the meringue cool in the oven for 2 hours (do NOT open the oven door). After 2 hours, remove from the oven and allow to cool completely. At this point you can store for up to 2 days at room temperature or serve with the toppings immediately.

Make the topping by whipping the heavy cream in a bowl with 3 tablespoons of sugar until stiff peaks form. In a separate bowl, mix together the Lemon Curd and mascarpone cheese. Carefully fold the whipped cream into the mascarpone/lemon curd mixture.

Heat the strawberry rhubarb vinegar over a medium low flame in a small saucepan until it starts to bubble. Remove from heat.

Assemble the pavlova by placing the cooled meringue on a platter. Spread the whipped cream/lemon curd mixture evenly over, leaving a nice meringue edge. Top the whipped cream mixture with the berries. Garnish with fresh mint or basil and drizzle with the strawberry rhubarb vinegar. Serve immediately.

Serves 12-16

Active time: 25 minutes Total Time: 4 hours 30 minutes

Chef Tip

To ensure that the egg whites whip properly, separate the eggs carefully while they are still cold from the refrigerator. Make sure there are absolutely no traces of yolk. Once separated, you can let the egg whites get to room temperature before starting to make the meringue.

Notes

* My preference is to use the **Mexican Melipone vanilla** for its intense flavor and aroma, but any high-quality vanilla will work. The **Lemon Curd** adds nice tang but feel free to use a **Blackcurrant curd**.

The [Strawberry Rhubarb vinegar](#) complements the flavors of this dessert perfectly, but feel free to substitute with **Blueberry vinegar**, [Cherry Almond Vinegar](#) or your favorite high-quality fruit flavored vinegar. But don't forget to use a reduced vinegar drizzle, it adds just the right amount of tartness to this otherwise sweet dessert

All highlighted products are available at [Oil & Vinegar stores](#).