



Pavlova

Jean Trebek's Reliable Recipes
insidewink.com

Here's a perfect, "light as air" dessert to make for the 4th of July celebration...
or any celebration, for that matter!

Pavlova

Ingredients

6 egg whites at room temperature
1 1/2 cups granulated sugar
pinch of salt
3 tsp white vinegar
1 tsp vanilla extract
3 tsp cornstarch
1 cup heavy cream for whipping
1 Tablespoon powdered sugar
Fresh strawberries and blueberries, sliced for topping
Fresh mint leaves, for garnish

Directions

To make the meringue:

Preheat the oven to 300 degrees.

Thoroughly clean the bowl and the whisk of a stand mixer.

Whisk on medium speed all the egg whites to soft peaks, about 3 - 4 minutes.

Slowly pour in the sugar, pausing for about 20 seconds between each addition to allow the sugar to dissolve, about 10 minutes total.

After the last of the sugar has been added, whisk on high for about 3 minutes more.

Scrape down the sides as needed to make sure all of the sugar is incorporated. The mixture should be very thick and glossy.

Mix together the cornstarch, vinegar and vanilla extract together in a small bowl, and then add to the meringue mixture and whisk gently until just combined.

Line a 12" round pizza tray or a cookie sheet with a piece of baking paper or parchment paper.

Adhere the paper to the pan by placing a dab of meringue under each corner of the paper to secure it to the baking sheet.

Scoop the meringue mixture on to the center of the parchment paper, forming a round dome roughly 8 - 9 inches in diameter and about 3 inches high.

Then, scoop out a well out of the center that is about 1 inch deep and 3 - 4 inches in diameter, discarding or baking the scooped-out meringue separately.

Bake the meringue as is or smooth down the sides and create a pattern in the meringue.

Clean up the edges using a dry paper towel.

Place the meringue into the oven and immediately reduce the temperature to 250 degrees.

Bake for 1 hour to 1 hour and 15 minutes. Turn on the oven light to see the pavlova.

The pavlova should be lightly browned. If you touch the pavlova it should be dry to the touch.

Turn off the oven and leave pavlova in the oven with the door closed for 3 hours or until the pavlova has completely cooled down.

To serve, whip the cream, add the powdered sugar and gently spoon into the center of the pavlova.

Top with fresh sliced berries and garnish with mint leaves.

**Find more of Jean Trebek's Reliable Recipes
on [insidewink.com](https://www.insidewink.com)**