

Ted's
Plie Pavlova





Ted's *Plié Pavlova*

What's the dish?

Pavlova, a meringue dessert served with whipped cream and fresh fruit.

Why is it important to me?

For me, Pavlova is the perfect holiday dessert. It's the perfect conclusion to a Christmas lunch, light but sweet and chewy with delicious in-season fruit to enjoy as a garnishing. It is part of my connection with Australia, a country I love and consider my second home. My wife is Australian and whenever we can, our choice is to spend the holidays Down Under. After a big Christmas lunch, my mother-in-law always serves a Pavlova, with kiwi and raspberries on top.

Pavlova is one of the quintessential Aussie desserts though actually, its origins are in New Zealand. It's named after the famed Russian ballerina Anna Pavlova, who toured Australia and New Zealand in 1926. On one tour, the dessert was created by a New Zealand chef in her honour, claiming inspiration from her billowing tutu, and christening the dessert with her name.

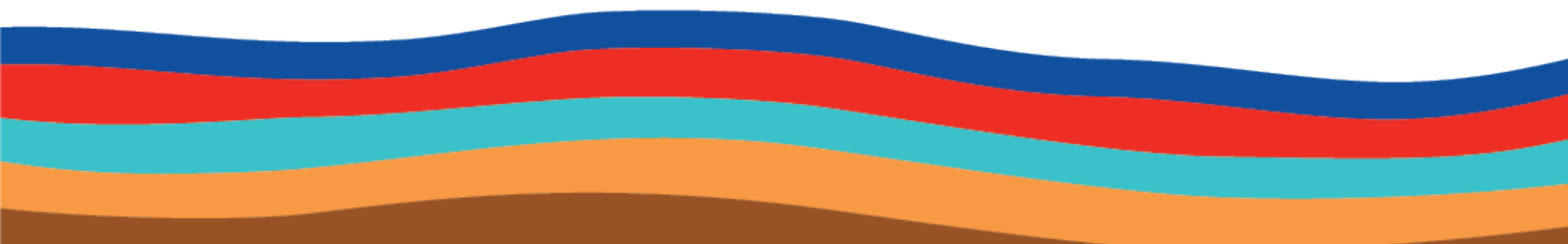
Ingredients:

- 4 large egg whites
- 1 ¼ cups white super fine sugar
- 2 teaspoons cornstarch
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 1 pint heavy cream
- 6 kiwis, peeled and sliced as well as berries – raspberries, strawberries, blueberries

Directions

1. Preheat the oven to 300 degrees F (150 degrees C). Line a baking sheet with parchment paper; draw a 9-inch circle on the parchment paper.

2. Beat egg whites in a large bowl until stiff but not dry. Gradually add sugar, about 1 tablespoon at a time, beating well after each addition. Continue beating until thick and glossy. Gently fold in cornstarch, vanilla extract, and lemon juice.
3. Spoon mixture inside the circle drawn on the parchment paper. Working from the center, spread mixture toward the outside edge and build the edge slightly. This should leave a slight depression in the center.
4. Bake in the preheated oven until meringue is dry and sounds hollow when tapped, about 1 hour. Cool on a wire rack.
5. Beat heavy cream in a medium bowl until stiff peaks form; set aside. Remove meringue from the parchment paper and place on a flat serving plate. Fill center of meringue with whipped cream and top with kiwi slices, blueberries, raspberries and strawberries.



Have a
flavourful
Holiday!

YIELD