

# Pavlova



FOR 1 PAVLOVA

PREPARATION TIME 30 MIN

COOKING 1 H 30

## Ingredients

### Meringue:

3 egg whites  
150 g caster sugar  
150 g powdered sugar

### Mascarpone whipped cream:

66 cl mascarpone cream  
40 g caster sugar

### Decoration:

Candied fruit \*

### Specific utensils:

Pastry bag  
Douille St Honoré  
Electric mixer

## Recipe

\*available at La Maison du Fruit Confit.

### 1 Preparing the meringue:

1. Preheat oven to 100°C.

2. Pour the egg whites into an electric mixer and whisk with 1/3 of the caster sugar. When the whites are 3/4 stiff, add the remaining caster sugar and continue beating for 1 min. Check that the sugar has dissolved.

3. When the meringue is firm and glossy, gently add the powdered sugar and whisk again for 4-5 min. The meringue should be very smooth, very white and, above all, very dense.

4. Using a pastry bag, shape the meringues into the desired shape on silicone sheeting or parchment paper, then bake for at least 1 h 30. Remember to open the oven door a few times to extract the steam (moisture) from the whites.

### 2 Preparation of the Mascarpone whipped cream:

1. Pour the Mascarpone cream into a mixer with the sugar. Beat until frothy.

### 3 Assembly:

1. Arrange the whipped cream on top of the meringue, as desired. You can add candied fruit to the inside of your creation.

2. Decorate the pavlova with whole or cut candied fruit.