

Betty's Easy and Elegant Pavlova



Uploaded on 17 Aug 2011

In this video, Betty demonstrates how to make an Easy and Elegant Pavlova. This is a beautiful and delicious dessert that originated in Australia or New Zealand. Its main features are a large baked meringue shell and fresh fruit, such as strawberries or kiwi fruit. It is quite simple, yet showy and healthier than most desserts.

Ingredients:

4 egg whites

1 cup sugar

1 teaspoon almond extract (You may use vanilla extract, if you prefer.)

1 teaspoon lemon juice

2 teaspoons cornstarch

2 cups whipping cream

½ cup confectioner's sugar (same as powdered sugar or icing sugar)

2 cups strawberries (capped, washed, and cut in half) Note: kiwi fruit and chocolate chips may be added, as well.

Line a rectangular baking pan with parchment paper and draw a 9-inch circle at the center. Beat 4 egg whites until stiff. Add 1 cup sugar, a little at a time, beating well after each addition. Beat until smooth and glossy, but do not overbeat. Fold in 1 teaspoon almond extract, 1 teaspoon lemon juice, and 2 teaspoons cornstarch. Spread meringue mixture in a circular shape on the marked parchment paper. Build up the edges, so that there is a nice indentation in the center of the circle of meringue. Bake 1 hour at 300 degrees (F). Remove from oven and cool in pan on wire rack. Beat 2 cups of whipping cream until stiff peaks form. Add ½ cup confectioner's sugar and beat until smooth. Set aside. Remove parchment paper from bottom of cooled meringue and place meringue on a flat serving plate. Fill the center of meringue with sweetened whipped cream. Arrange strawberry halves on top. Cover with plastic wrap and chill until ready to serve. This is gorgeous! I hope you love it! --Betty