



Red Fruit Pavlova



a new world of
FROZEN & SPECIALTY FOOD





Red Fruit Pavlova



Ingredients (Serves 8)

White Toque

Description	Item code
1/2 pint of IQF 4 fruits mix berries	61027
1/2 pint of Redcurrant	61005
1/2 oz raspberry coulis	60500
1/2 oz mango coulis	60502
1 teaspoon white wine vinegar	11003

At your local supermarket

Description
4 egg whites
1 1/4 cups white sugar
1 teaspoon lemon juice
2 teaspoons cornstarch
1 pint heavy cream

Cooking directions

1. Preheat 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. In a large bowl, beat egg whites until stiff but not dry. Gradually add in the sugar, about 1 tablespoon at a time, beating well after each addition. Beat until thick and glossy. Gently fold in vanilla extract, lemon juice, white wine vinegar and cornstarch.
3. Spoon mixture inside the circle drawn on the parchment paper. Working from the center, spread mixture toward the outside edge, building edge slightly. This should leave a slight depression in the center.
4. Bake for 1 hour. Cool on a wire rack.
5. In a small bowl, beat heavy cream until stiff peaks form; set aside. Remove the paper, and place meringue on a flat serving plate. Fill the center of the meringue with whipped cream, and top with the 4 fruit mix berries and the redcurrant following by the fruit coulis.