

Pavlova with Fresh Fruit

6 egg whites
1 2/3 cups white sugar + 2 T
1.5 teaspoons vanilla extract
1.5 teaspoons Lemon juice
1 tablespoons cornstarch

Pre-heat oven to 300° F
Line a baking sheet with parchment paper.

In a large bowl, beat egg whites until stiff but not dry. Gradually add in the sugar, 1 tablespoon at a time, beating well after each addition. Beat until thick and glossy. Over beaten egg whites lose volume and deflate when folded into other ingredients. Be absolutely sure not a particle of grease or egg yolk gets into the whites. Gently fold in vanilla extract, lemon juice and cornstarch. Spoon mixture on the parchment paper in 4 inch circles. Leave a slight depression in the center. Bake for 1 hour. Cool on a wire rack (This may be made the day before, cooled completely and stored in an air-tight container at room temp)

Fresh Fruit Sauce

2 pints berries-cleaned
1/4 cup water
1/4 cup sugar
1 large vanilla bean
Pinch (1/16 teaspoon) kosher salt
Vanilla Bean Ice Cream – optional

Combine water, sugar, salt and split – scrapped vanilla bean in a small pan. Bring to a boil until sugar is dissolved. Remove from heat and cool.

Place fruit in a large bowl, drizzle with simple syrup. Toss gently to combine and refrigerate until service.

Quick Chocolate Sauce

1 1/4 cups heavy cream
8 oz good chocolate – chopped fine

Heat cream in microwave until bubbling – stir in chocolate until melted

Place individual Pavlova on dessert plate. Put one small scoop of ice cream in the center (if using) then spoon berry compote over the top, drizzle chocolate and serve immediately.