

Pavlova serves 6

Oven to 350F or 180C Cooking oil spray, flat oven tray & baking parchment paper

2 egg whites

1 ½ cups icing sugar

1/3 cup boiling water

Topping

300 ml whipping cream

250g strawberries, 1 kiwi fruit, banana (or any mixture of fresh fruit you like)

Spray oven tray with cooking oil. Cover tray with sheet of baking paper.

As a guide mark a 20 cm circle on the paper, use a plate or cake pan as a guide

Put egg whites in the bowl of an electric mixer.

Sift icing sugar into the bowl.

Add the boiling water then beat on high speed for 7 minutes.

Meringue is ready when it forms stiff peaks

(If desired you can add a few drops of vanilla essence while it is mixing.)

Using a metal spoon; drop big spoonfuls of the meringue into the centre of the circle.

Put pavlova in oven (middle shelf) and bake at 350F/180C for 10 minutes.

Turn oven down to 300F/150C and bake for another 45 min.

Turn the oven off, and leave the Pavlova to cool in the oven with the door open a little. (A wooden spoon between the door and the oven works well)

When the Pavlova shell is cool move it to your serving plate.(

A flan tin base can be used to remove the pavlova from the baking paper and lift it in one piece!!!)

The whole process takes about 3 hours. You can make the Pavlova shell the day before and store it in an airtight container.

*****For our lunch I increased the size by 50% to give 9/10 servings**

3egg whites, 2 ¼ cups icing sugar and ½ cup boiling water