

Pavlova

Classic Australian Pavlova recipe with crispy meringue shell, soft marshmallow center, and fresh fruit toppings. Perfect elegant dessert for special occasions.

30	75	105	8	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Pavlova

Ingredients

- 1 cup granulated sugar
- 6 egg white
- 2 tsp corn starch
- 1 tbsp vanilla extract
- 1 tbsp fresh lemon juice
- 1 cup whipped cream
- 15 leaf mint
- 1 cup strawberry
- 1 cup blueberries
- 1 cup raspberry

Instructions

- 1 Prepare for Baking**

Preheat oven to 110°C (225°F). Line a large baking sheet with parchment paper and draw a 9-inch circle as a guide using a plate or cake pan, then flip the parchment over so the pencil marking is underneath.
- 2 Make the Meringue Base**

Separate 6 eggs, placing the whites in a large, completely clean mixing bowl with no traces of grease or yolk. Beat with an electric mixer on medium speed until soft peaks form when you lift the beaters, about 3-4 minutes.
- 3** Gradually add 1 cup superfine sugar one tablespoon at a time while beating continuously, allowing each addition to fully dissolve before adding the next. Continue beating until the meringue forms stiff, glossy peaks and feels smooth when rubbed between your fingers, about 8-10 minutes total.
- 4** Gently fold in 2 teaspoons white vinegar, 1 tablespoon vanilla extract, and 1 tablespoon cornstarch using a large metal spoon, cutting down through the mixture and turning it over until just combined. Stop as soon as the ingredients are incorporated to avoid deflating the meringue.
- 5 Shape the Pavlova**

Spoon the meringue onto the parchment paper within the circle guide, creating a mound about 2 inches high. Use the back of a spoon to create a shallow well in the center and smooth the sides, building the edges slightly higher than the center to form a nest shape.

6 Bake the Meringue

Bake for 1 hour 15 minutes until the surface is crisp and very pale cream colored, with no cracks. Turn off the oven, prop the door slightly open with a wooden spoon, and let the pavlova cool completely in the oven for at least 1 hour.

7 Prepare Toppings

Whip 1 cup heavy cream with an electric mixer until soft peaks form, about 2-3 minutes. Prepare your choice of fresh fruits by washing, hulling strawberries, peeling and slicing kiwi, or preparing other fruits as needed.

8 Assemble and Serve

Carefully transfer the cooled pavlova to a serving plate using two large spatulas. Fill the center with the whipped cream, top with prepared fresh fruits, and garnish with 15 mint leaves if desired. Serve immediately before the meringue softens.

Tips

Use eggs that are 3-7 days old rather than very fresh ones, as they whip to greater volume and stability. Separate eggs while cold, then let whites come to room temperature for 30 minutes before whipping.

Test if sugar is fully dissolved by rubbing a small amount of meringue between your fingers - it should feel completely smooth with no grittiness. This prevents weeping and ensures proper texture.

Create a template by drawing a 9-inch circle on parchment paper, then flip it over so pencil marks don't transfer to the meringue. This ensures an evenly shaped base.

Make a shallow well in the center of your shaped Pavlova before baking - this creates the perfect nest for cream and fruit toppings and prevents them from sliding off.

Avoid opening the oven door during baking or the initial cooling period. Sudden temperature changes can cause cracking or collapse. Be patient and let the gradual cooling work its magic.

Choose fruits that aren't too juicy to prevent the base from becoming soggy. Pat berries dry and avoid overripe fruits that release excess moisture.

Add a tablespoon of powdered sugar to whipping cream to help stabilize it and provide subtle sweetness that complements the meringue without competing with fruit flavors.

If your kitchen is humid, add an extra teaspoon of cornstarch to the meringue and consider running a dehumidifier or air conditioning while the Pavlova cools.