

STRAWBERRY PAVLOVA



This Recipe comes from Charlotte Copas who is passionate about cooking and enjoys trying new recipes using fresh farm produce she picks with her children.

STRAWBERRY PAVLOVA

This is the ultimate summer pudding for me. It looks beautiful and tastes gorgeous. Grown ups and kids adore it! The meringue can be made a day ahead so it is great for parties.

WHAT YOU NEED

4 egg whites	250g caster sugar
2 teaspoons cornflour	1 teaspoon of vinegar (white wine vinegar or malt vinegar)
1 teaspoon vanilla extract	
600g strawberries	500ml double cream

WHAT TO DO

To Make the Meringue

1. Preheat oven to 180°C.
2. Line a large baking tray with baking paper.
3. Whisk the egg whites until stiff
4. Add the sugar to the whisked eggs a tablespoon at a time, making sure you whisk well in between. You should be whisking for at least five minutes.
5. Add the cornflour, vinegar and vanilla to the bowl and fold in until well mixed. You should have a very glossy looking mixture.
6. Spoon the meringue onto the baking paper and using a spoon or spatula shape into a circle of about 23cm in diameter.
7. Place the meringue in the oven and immediately reduce the oven temperature to 150°C.
8. Cook for about one hour. The edges should look slightly light brown and crispy.
9. Turn off the oven and leave the meringue in the oven until it is completely cool. This will take a few hours but it helps the meringue to dry out and be lovely and crisp.
10. Peel off the baking paper and place the meringue on a serving plate.

To Decorate the Meringue

(Decorate just before serving or you will end up with a soggy meringue)

1. Whip the cream until you have soft peaks.

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STRAWBERRY PAVLOVA Continued

2. Pile cream onto the meringue and spread to the edges.
3. Chop the green tops off of the strawberries and halve them.
4. Pile the strawberries on top of the cream.
5. Serve to whoops of delight!!

IDEAS

- ◆ Mix strawberries and raspberries on the top for added flavours.
- ◆ Add a punnet of blueberries for a splash of colour.
- ◆ For extra juiciness I sometimes buy a tin of summer fruits in juice and pour some of the juice on top of the cream before piling on the fruit.
- ◆ For a dinner party twist, scoop passion fruit pulp onto the cream and then top with raspberries. The tanginess of the passion fruit makes this dessert slightly more grown up.

Use freshly picked strawberries from The Fruit Fields Pick Your Own for this Recipe. You can call the 24-Message Line Numbers for the Farms for details on opening hours and produce availability:

- ◆ Calves Lane Farm, Iver: (01753) 652727
- ◆ Lower Mount Farm, Cookham: (01628) 529511