

APRICOT PAVLOVA

INGREDIENTS:

FOR MERINGUE:

180g egg whites (approximately 6 large eggs)
264g superfine sugar (caster or baker's sugar)
2 tsp white vinegar
1/4 tsp LorAnn Apricot Super-Strength
2.5 tsp cornstarch (6g)

FOR CHANTILLY CREAM:

250ml heavy cream
30g powdered sugar
1/8 tsp LorAnn Apricot Super-Strength

FOR TOPPING:

Fresh apricots, sliced
Fresh berries (strawberries, raspberries)



DIRECTIONS:

1. Preheat your oven to 212°F (100°C) using the fan-forced setting. This ensures even heat distribution and helps achieve the perfect meringue texture.
2. Step 1: In a clean, dry bowl of your stand mixer fitted with the whisk attachment, beat the egg whites on low speed until foamy, about 2 minutes. Ensuring no traces of yolk or grease will give the best results.
3. Step 2: Gradually pour in the superfine sugar, one tablespoon at a time, while increasing the speed to high. Continue beating until the sugar is completely dissolved, about 3 minutes. To check if the sugar is dissolved, rub a small amount of meringue between your fingers; it should feel smooth.
4. Add the white vinegar, apricot flavoring, and cornstarch. Mix on high until well combined and stiff peaks form. The meringue should hold its shape when you pull out the whisk and look glossy and smooth. It will be thick and very stable.
5. Line a baking tray with parchment paper or a silicone baking mat. Pile the meringue mixture onto the tray, shaping it into a round dome about 10 inches in diameter. Create a shallow cavity in the center to hold the toppings.
6. Baking Tip: Use a spatula to shape the sides and smooth the top, making a slight dip in the center for the

cream and fruit.

7. Bake the pavlova in the preheated oven for 1 hour and 45 minutes, or until the exterior is dry and crisp.
8. Cooling Tip: After baking, turn off the oven and let the pavlova cool completely with the door closed for at least 1 hour, up to 3 hours. This slow cooling helps prevent cracking.
9. In a chilled mixing bowl, whip the heavy cream, powdered sugar, and apricot flavoring until soft peaks form. This should take about 2-3 minutes on medium-high speed.
10. Whipping Tip: Keep your bowl and whisk attachment in the fridge for 10 minutes before whipping to ensure the cream whips up quickly and stays cold.
11. Once the pavlova is completely cooled, spoon the Chantilly cream into the center cavity. Top generously with sliced fresh apricots and assorted berries.
12. Serving Tip: For a beautiful presentation, arrange the fruit artistically, alternating colors and types of berries.
13. Slice and serve your Apricot Pavlova immediately, enjoying the contrast of crispy meringue, creamy Chantilly, and vibrant flavors.
14. Storage Tip: If you have leftovers, store them in an airtight container in the fridge, but note that the meringue will start to soften after a few hours due to the moisture from the cream and fruit.

Tips for Success:

- Egg Whites: Ensure they are at room temperature for maximum volume when whipped.
- Sugar: Superfine sugar dissolves more easily, giving the meringue a smoother texture, the label on the box or bag of sugar should say ultra fine, super fine, or bakers sugar.
- Baking Time: Avoid opening the oven during baking or cooling to prevent the meringue from collapsing.
- Cream: Use heavy cream with at least 35% fat content for the best Chantilly cream.