

More than 1 hour

Serves 6-8

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Ingredients

- 4 egg whites
- Pinch fine salt
- 2 tsp (10ml) fresh lemon juice
- ½ Tbsp (7ml) vanilla essence
- 1 Tbsp (15ml) cornflour
- 1 cup (220g) castor sugar

Diplomat cream:

- 4 egg yolks
- ½ cup (100g) sugar
- ⅓ cup (40g) cornflour
- 2 cups (500ml) milk
- 1 tsp (5ml) gelatine powder, sprinkled over 2 tsp (10ml) cold water
- 1 tsp (5ml) vanilla extract or essence
- 1 cup (250ml) cream
- ¼ cup (30g) icing sugar

For serving:

- Mixed berries
- Nectarines, sliced
- Passion fruit curd (recipe below)

Method

1. Whisk egg whites, salt, lemon juice and vanilla to medium-peak stage.
2. Combine cornflour and castor sugar.

3. Add sugar mixture to egg-white mixture, 1 heaped tablespoon at a time, whisking continuously until glossy and stiff peaks form (this can take about 12-15 minutes using an electric whisk).
4. Test if it's ready by rubbing some mixture between your fingers to check all sugar is dissolved (no grains).
5. Preheat oven to 140°C.
6. Line a large baking tray with baking paper and draw a 22cm circle.
7. Spoon a few dollops of meringue mixture onto baking tray and spread out within the circle.
8. Divide leftover meringue mixture between two piping bags with a teardrop-shaped nozzle (or use one piping bag and refill it later).
9. Pipe along the edges of the meringue circle to form a border, making three layers of dollops.
10. Decrease oven temperature to 100°C and bake the meringue for 1½ hours until crisp on the outside, checking that bottom is also set.
11. Switch off oven and cool meringue (in the oven) for 20-30 minutes.
12. Combine egg yolks, sugar, cornflour and ¼ cup (60ml) milk in a bowl.
13. Heat remaining milk in a pot until it just starts to simmer.
14. Pour hot milk over egg-yolk mixture in a thin stream while whisking vigorously.
15. Return mixture to pot and cook, whisking all the time until thickened into a custard, about 15-20 minutes.
16. Remove custard from saucepan and cool.
17. Melt gelatine "jelly" in microwave for 20-second bursts (be careful not to boil it).
18. Add 2 tablespoons cream to the "jelly" and mix well.
19. Beat remaining cream, sugar and vanilla until medium peaks form.
20. Add gelatine-cream mixture and whip to stiff peaks.
21. Gently fold in custard.
22. Assemble the pavlova by filling baked meringue with diplomat cream, and top with passion fruit curd (see below) and fresh fruit.

Passion fruit curd:

- 2 Tbsp (30ml) fresh lemon juice
- ⅓ cup (67g) sugar
- 1 tub (115g) granadilla pulp

- 4 egg yolks
- 4 Tbsp (60g) cold butter, cubed

Method

1. Combine lemon juice, sugar and pulp in a saucepan.
2. Simmer on medium heat until sugar dissolves.
3. Whisk egg yolks in a bowl.
4. Add pulp mixture in a thin stream while whisking vigorously.
5. Return mixture to heat and gradually add butter while whisking.
6. Cook until thickened, about 15-20 minutes.
7. Remove from saucepan and cool before serving with pavlova.

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