

PAVLOVA

MERINGUE:

250 ml berry sugar
2 ml baking powder
2 ml vinegar
2 ml water
3 egg whites
1 ml salt

FILLING:

3 egg yolks
125 ml water
60 ml lemon juice
5 ml grated lemon rind
20 ml flour
125 ml granulated sugar

METHOD (meringue):

- 1) Combine baking powder and berry sugar.
- 2) Mix together water and vinegar.
- 3) In a large bowl beat egg whites until soft peaks form.
- 4) Gradually beat in sugar and vinegar mixtures alternately until stiff peaks form.
*****This step should take about 5-7 minutes. Be sure to add sugar in small amounts at at time.**
- 5) Cover baking sheet with parchment paper. Spread meringue on the paper either in a circular fashion using the back of a spoon to indent it **or** using a pastry bag to pipe it into any desired shape.
- 6) Bake at 250 degrees Fahrenheit for 1 and 1/2 hours. Then turn off oven and let it cool in the oven overnight.

METHOD (filling):

- 1) In the top of a double boiler, beat yolks. Then stir in water, juice and rind.
- 2) Mix together the sugar and flour and the stir it into the egg yolk mixture.
- 3) Cook over simmering water till it thickens. Remove from heat and let cool.

****Garnish with fresh fruit and whipping cream.**