

Pavlova

Pavlova is like a meringue, but it has vinegar and cornstarch to make a marshmallow interior. I made this for our cookbook dinner that used the Immigrant's Cookbook. It is a flavored meringue topped with tropical fruit. You can use a variety of toppings. I wanted more color, so I added kiwi, raspberries, and toasted coconut. The original recipe made too



much and the coconut was too hard and bland. I cut the amount by half.

Ingredients:

- 3 egg whites
- 3/4 cups sugar
- 1/2 tsp. white vinegar
- 1/2 tsp. vanilla
- 1/8 tsp. kosher salt
- 1 Tbsp. cornstarch
- 15 1/2 oz. can coconut milk (normal fat, not lite)
- 1/2 cup heavy cream
- 2 ripe mangos
- 1/8 pineapple
- 2 Tbsp. dried coconut
- 1/4 cup raspberries

Equipment:

- Stand mixer with whisk attachment
- Food processor

<input checked="" type="checkbox"/>	Directions	Time (min)	
	Chill a can of coconut milk overnight	8 hrs	
	Preheat oven to 300		
	Separate 3 egg whites. (Reserve yolks for other purposes like a Crème brûlée)	2	22
	Line a baking pan with parchment paper. Draw a 6" diameter circle on it. Turn it over. The circle should be visible through the paper.	2	
	Beat egg whites until foamy. Gradually add sugar on medium speed to form glossy peaks.	10	
	Beat in 1/2 tsp. vinegar, 1/2 tsp. vanilla, and 1/8 tsp salt.	2	
	Remove from mixer. Sprinkle 1 Tbsp. cornstarch on top and gently fold into the mixture	1	
	Place large dollops of the mixture around the outside of the circle on the parchment paper. Smooth and flatten the top.	5	
	Place in oven. Reduce temp to 212 degrees. Bake	65	
	Turn off oven. Open door to begin cooling.	30	
	Remove from oven and allow to cool		
	Toast 2 Tbsp. coconut	5	30
	Whip 1/2 cup heavy cream to stiff peaks. Set aside and wash bowl and beaters.	10	
	Pit mangos. Cut into long sections. Remove outer rind to make long, thin slices.	3	
	Cut 1/8 off bottom of pineapple. Core, peel, and slice thinly crosswise	3	
	Peel 1 Kiwi and cut into slices	2	
	Process half of the mango slices to a liquid		
	Chill mixing bowl and whisk attachment		
	Remove coconut cream from can and discard water	1	10
	Whip coconut cream on high	2	

	Fold in the whipped cream	1	
	Transfer baked meringue to a serving dish	1	
	Spoon cream mixture onto the meringue. Top with mango liquid, mango, pineapple, raspberries and kiwi.	5	
	Sprinkle with toasted coconut	1	
	Total	2 hr 37 min	