

Pavlova

September 7th, 2025

This recipe serves: 8

Prep Time: 00:15

Cook Time: 01:30

Pavlova is a meringue-based dessert. Originally from either Australia or New Zealand. Pavlova is traditionally shaped into a circular cake-like block of baked meringue, then topped with whipped cream and fresh fruit. The baked meringue has a soft center and a flaky, crispy external meringue crust. The cracks that appear in the surface are an expected part of the "rustic" look of this desert. You can top pavlova with fresh fruit, compote, or chocolate. This recipe makes 8 individual serving-sized Pavlova, so that it can be easily scaled, without making any adjustments to the cooking time.

Ingredients:

Meringue:

- 4 Large (about 4 Ounces) Egg Whites
- 1 Cup (200 Grams) Extra Fine Sugar
- 1/2 Teaspoon Cream of Tartar
- 1 Teaspoon Cornstarch
- 1 Teaspoon Vanilla Extract

Topping:

- 2 Cups (16 Ounces) Heavy Cream, chilled
- 1 Tablespoon Extra Fine Sugar
- 1 lb Fresh Fruit
- 1 Ounce quality Chocolate or White Chocolate (optional) for shaving or melting

Directions:

For best results, start by warming the Eggs to room temperature by immersing them in a bowl of warm water for a few minutes.

Separate the Egg Whites from the Yolks, ensuring that NO Yolk is mixed in with the Whites.
Using a power mixer, whip the Egg Whites.

As the Egg Whites begin to become less opaque, mix in the Sugar (about 1 Teaspoon at a time), then the Cream of Tartar, then the Cornstarch. Ensure that each of the respective powders are fully incorporated before adding the next scoop. Continue to whip until you reach the "stiff peak" stage. **DO NOT OVER-WHIP THE EGG WHITES.**
Gently fold in the Vanilla Extract until fully incorporated.

Preheat oven to 350° F.

Place a sheet of parchment paper on a large sheetpan.

Spoon the Egg White mixture onto the parchment paper into 8 piles. Carefully craft the shape of each pile into a small cake, about 3 or 4 inches across and about 2 inches tall. Smooth out the surface of each Pavlova so that there are no peaks. Carefully carve a small indentation into the top of each Pavlova.

Put the Pavlova into the oven. As soon as the door is closed, **reset the heat to 200° F.**

Bake for 30 minutes.

The Pavlova should be firm and dry with limited browning. Rotate the baking pan, if you notice any spots beginning to turn brown while it cooks.

Ensure that you limit the number of times the oven is opened, as the cool air will affect the baking process.

After 30 minutes, turn off the oven.

Wait another 45 minutes before opening the oven.

Meanwhile, chill a medium bowl and the Heavy Cream.

Whip the Heavy Cream. Add in 1 Tablespoon of Sugar, ensuring it is fully integrated.

Continue to whip until you reach the "stiff peak" stage. **DO NOT OVER-WHIP THE CREAM.**

Clean and slice the Fresh Fruit.

Remove the Pavlova from the oven.

Plate each Pavlova.

Cover each Pavlova with a layer of Whipped Cream.
Arrange the sliced Fruit on the top of the Whipped Cream.
Add more Whipped Cream, as desired.
Optionally, sprinkle the top with shaved or melted Chocolate.

Serve and enjoy!