

Mini Fruit Pavlovas

3 egg whites
150g caster sugar
2 level teaspoons corn flour
few drops vanilla essence
2 teaspoons lemon juice

250ml whipping or double cream

fresh fruit to decorate – strawberries, kiwi fruit, mango etc.

1. Draw 6 x 10cm circles on baking parchment. Turn baking parchment over and place on baking tray.
2. Separate the eggs one at a time, using a clean bowl for each egg white (any trace of egg yolk and the whites will not whisk)
3. Whisk the egg whites until they stand in stiff peaks (turn the bowl upside down to check consistency)
4. Still whisking, add the sugar a tablespoon at a time – the mixture should become thick and glossy and with a marshmallow type texture.
5. Add the sieved corn flour to the final spoon of sugar. Carefully fold this into the mixture with the lemon juice and vanilla essence.
6. Either spoon or pipe the meringue into nest shapes following the guidelines on the baking parchment.
7. Bake in a cool oven (Gas 2 - 3 or 120° - 140°C) for approximately an hour until crisp and lightly coloured. (When meringue nests are cooked they will peel off the parchment paper easily)
8. Cool the meringue nests on the baking sheet, then peel off parchment.
9. Whip cream until it stands in soft peaks. Spoon or pipe into meringue nests. Decorate generously with prepared fruit.