

Tropical fruit pavlovas.

Serves: 6

Cooking time: 1 - 1¼ hrs

Ingredients

1 Church & Manor goose egg
175g/6oz caster sugar
5ml/1tsp cornflour
5ml/1tsp raspberry or white wine vinegar
A few drops of vanilla essence

Filling

300ml/½ pt double cream
1 mango, peeled, stoned and diced
1 papaya, peeled, deseeded and diced
2 kiwi fruit, peeled and diced
2 passion fruits, halved

Method

1. Preheat oven to 140°C/Fan 120°C/275°F/Gas Mark 1. Grease a large baking sheet and line with non-stick baking parchment. Place egg whites in a bowl and whisk them quickly, until they are thick, white and peaks form.

2. Add about a third of the sugar and whisk again until the egg whites are stiff and shiny. Add the sugar in two more batches, whisking in-between. When all the sugar has been whisked in, the egg whites will be very stiff, white and shiny. In a small bowl, mix the cornflour, vinegar and vanilla together until smooth, then fold into the meringue.



3. Divide the meringue into six heaps, then use the back of a spoon to shape the mixture into nest shapes. Alternatively spoon the meringue into a large piping bag fitted with a plain nozzle and make six circles. Then pipe a double layer of meringue around the edge of the circles to form nest shapes. Bake the meringues for 1 - 1¼ hrs or until the base of the meringues feels dry and crisp when tapped.

4. Whip the cream until it forms soft peaks then spoon into meringues. Top with the mango, papaya and kiwi fruits, then the passion fruit seeds. Serve within 1 hour.

Meringues can be stored in a cool place, but not the fridge, for up to 2 weeks.