

Fruit Meringues

Ingredients for Pavlova:

100g Caster Sugar

2 Egg Whites



Ingredients for Decoration:



You will need a container to take your fruit meringues home in.

Strawberries, Raspberries, Blueberries, Kiwi, Whisked Cream, Melted Milk / White Chocolate, Fruit Coulis, Icing Sugar, Cocoa Powder, Mint Leaves, Lemon / Lime / Orange Slices



Method:

1. Preheat the oven to 150°C or Gas Mark 2.
2. Weigh out all the ingredients accurately.
3. Line a baking tray with greaseproof paper, there is no need to grease it.
4. Separate the white and yolk of each egg in turn into separate bowls.

Transfer the egg whites into a clean large glass bowl.

5. Using an electric whisk, beat the egg whites until stiff. You should be able to turn the bowl upside down without the mixture falling out!
6. Whisk in the caster sugar gradually, one tablespoon at a time.
7. Pipe / Spoon the whisked egg whites onto a baking tray covered in greaseproof paper.
8. Bake in the oven for 40 minutes.
9. Remove from the oven and place on a cooling rack and allow to cool.
10. Decorate as desired.

