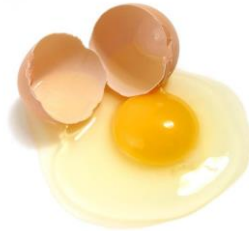


Pavlova

Ingredients for Pavlova:

200g Caster Sugar

4 Egg Whites



Ingredients for Decoration:

Small Pot of Double Cream

Fresh Fruit of Your Choice



You will need a container to take your pavlova home in.

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 not need to grease it.
4. Separate the first egg white from the yolk into a small bowl. Transfer this into a clean large glass bowl. Repeat this process for the other 3 eggs, transfer each into the large glass bowl.
5. Beat the egg whites using an electric whisk until stiff. You should be able to turn the bowl upside down without the mixture falling out!
6. Whisk in the caster sugar gradually.
7. Put the pavlova onto a baking tray covered in greaseproof paper. You may want to make a few different sizes to stack on top of one another.
8. Bake in the oven for 1 hour.
9. Turn off oven and leave in there for another hour.
10. Whip up the double cream in a clean glass bowl and pipe or pour over the pavlova in the desired way.
11. Cover in fresh fruit.

