

The Flay-Adams

Strawberries and Cream Pavlova

Serves 6

Ingredients

For the meringue:

4 Egg Whites

250g Granulated Sugar

Zest of ½ Lemon

2 teaspoons Cornstarch

1 ¼ teaspoons White Vinegar

For the garnish:

Whipped Cream

Fresh Strawberries

Method

1. Preheat the oven to 260F. Line a cookie sheet with parchment paper. Draw a 9" circle using a 9" cake pan as a guide in the center of the parchment paper. Set aside.
2. In a standing mixer, whisk the egg whites on medium speed until soft peaks form.
3. Add the sugar in 6 additions, making sure to scrape the sides and bottom of the bowl. Once all the sugar is added, increase the speed to high, and beat the meringue for another 8 minutes.
4. Add the lemon zest, cornstarch and vinegar, and mix for another minute, until just incorporated.
5. Pipe or spread the meringue into the outlined circle on the parchment paper, making a slight dip in the center.
6. Bake the meringue for one hour, then turn off the oven and leave the meringue in the oven for another hour. Remove.
7. Pipe whipped cream in the center, and add a layer of thinly sliced strawberries. Repeat the process and garnish with fresh strawberries on top.