



Pavlova Base

BY JULIE POWELL



You will need:

- 6 Egg whites
- 1 1/4 cup caster sugar
- 2 teaspoons cornflour
- 1 teaspoon lemon juice
- 1/2 teaspoon vanilla extract

Serving Suggestions

Cover with fresh whipped cream and then fruit, or sprinkle with chocolate or both. Strawberries and passionfruit are a big hit



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Method:

Preheat oven to 150C, line oven tray with foil and brush with butter and dust with cornflour, make a circle approx 20cm on the foil

Using an electric mixer (or whisk by hand if you want a work out) whisk egg whites in a clean dry bowl until soft peaks forms.

Gradually add sugar and beat until sugar is dissolved and the meringue is thick and glossy. Add cornflour, lemon juice and vanilla and whisk until combined.

Now spoon the meringue onto the foil, using the circle as marked above. (You could do slightly smaller ones for individual serves about 5 cm diameter and cook for 15 - 20 minutes)

Smooth the top and sides with a spoon.

Bake in oven for 1 hour, cool on oven rack