

Make It Sweet.

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Mini Pavlovas

We served these pavlovas for the Farm to Plate event that benefits the Sustainable Food Center in Austin. The “crust” is a meringue egg white mixture that is baked until crispy but still soft on the inside. Top with some whipped cream and fresh berries. What could be better? An easy, light dessert that is perfect for summer! Be sure to use fresh farm eggs and local produce at it’s peak to maximize the flavor! Enjoy!



Pavlova

4 Egg Whites
1 C Superfine Granulated Sugar
2 tsp corn starch
2 tsp Vanilla Bean Paste
1 tsp lemon juice

Berries

2 pints total – Strawberries,
Blackberries or Raspberries
1/2 C Sugar
1 Tbsp Lemon Juice
2 Tbsp Strawberry Preserves

Chantilly Cream

1 C Heavy Cream
2 Tbsp Powdered Sugar
1 tsp Vanilla Bean Paste

Preheat oven to 250°. Separate eggs, being sure that there is no yolk in the egg whites. Mix cornstarch into sugar and set aside. Place egg whites into a large bowl or bowl of a stand mixer. Whip egg whites until soft peaks form. Slowly add sugar, continuing to whip until stiff peak stage. Add lemon juice and vanilla bean paste and mix until fully incorporated. Do not over mix egg whites. Put mixture into pastry bag fitted with a large round or star tip (#1A or #1M respectively). Pipe into small circles about a 3” diameter onto a parchment lined sheet pan. Pipe the circle and then pipe another layer on the outside making a nest shape. Bake for about 1 hour until crunchy but not browned and still soft in the middle. Allow to cool to room temperature.

Clean and chop the berries to the desired size. Mix in sugar and lemon juice. Heat strawberry preserves until melted. Mix into berries. Refrigerate. Stir every once in awhile. Berries can store like this up to 24 hours.

When ready to assemble, whip cream until soft peaks. Sprinkle in powdered sugar, add vanilla and whip until incorporated and almost stiff peaks. Place whipped cream into pastry bag fitted with a #12 round tip. Place pavlova crust on serving tray. Pipe some cream on top and spoon some berry mixture on top. Serve immediately.

The pavlova crusts can be stored for 2 days at room temperature in an airtight container.

Yield will depend on the size of the crusts that you make. This recipe will yield about 25 small crusts.