

# Dish of the Month

By Anne Adams

## Summer Fruits Pavlova

### Ingredients

4 medium egg whites.  
225g (8oz) caster sugar.  
1tsp (1x5ml sp) cornflour.  
1 tsp (1x5ml sp) white wine vinegar.  
1tsp (1x5ml sp) vanilla essence.  
400ml (¾ pint) double cream  
100 (4oz) raspberries  
100 (4oz) blackberries.  
100 (4oz) strawberries.

### Method

It is a good idea to make the meringue base of the pavlova the night before.

1. Pre-heat oven at 180C/350F Gas Mark 4  
Cover a baking tray with greaseproof paper.  
Whisk the egg whites with an electric whisk until they form stiff peaks then gradually add in the sugar until the mixture becomes glossy.
2. Fold in the cornflour, vinegar, and vanilla essence with a metal spoon and whisk it again for another 3-4 minutes.
3. Spoon the mixture onto the greaseproof paper in blobs around the edge and fill the middle shallowly, ensuring that there is a large space in the middle for the fruit
- 4 Now turn the oven temperature down to 120C/250F Mark ½ and cook for 1hour 30minutes. Turn off the oven and leave the pavlova to cool gradually in the oven, waiting until it is completely cold.
5. When taking the pavlova out of the oven carefully peel off the greaseproof paper and place on a serving dish.
6. Whip the cream until slightly stiff. Fold in the berries, leaving a few for garnish.  
Spoon the mixture onto the pavlova, placing some left over berries on top of the cream, then serve.