



Elegant Pavlova with Hibiscus Glazed Berries

Save this dessert for that extra special celebration

Pavlova Meringue Shell:

4 large egg whites, room temperature

1/8 teaspoon cream of tartar

1 cup granulated sugar

1-1/2 teaspoons cornstarch

Finely ground sea salt

1/2 teaspoon vanilla extract

1 Tablespoon apple vinegar

Whipped Cream:

1-1/4 cups heavy cream

2 Tablespoons confectioners' sugar

Fruit Topping:

1/4 cup Confiture of Hibiscus (jelly)

3 cups fresh mixed raspberries, blueberries or small strawberries

Garnish: edible flowers as desired

Position rack in center of oven; preheat oven to 250 degrees F. Line baking sheet with parchment. Draw 8-inch circle in center of parchment; turn paper over so circle is on the other side.

Prepare Meringue: Place egg whites and cream of tartar in mixer with whisk attachment; beat on high speed 1 minute until foamy. Sift sugar, cornstarch and salt. With mixer running, gradually add dry ingredients 1 Tablespoon at a time to egg whites until completely mixed. Add vanilla extract and vinegar; continue beating on high speed until stiff, smooth, glossy peaks form, about 8 minutes. Scrape down bowl occasionally. Test to make sure the sugar is dissolved by rubbing small amount between fingers; it should feel very smooth.

Bake Meringue: Spoon meringue into the center of parchment circle; spread to fill circle. Use back of spoon or spatula to smooth top and sides of meringue, make center slightly concave. Place meringue in preheated oven; bake until it puffs slightly and is lightly browned; rotate halfway through baking about 1-1/2 hours. Turn oven off; let pavlova cool in oven to room temperature several hours or overnight.

Prepare Whipped Cream:

In medium chilled bowl, whisk together heavy cream and confectioners' sugar until medium stiff peaks form.

Prepare Fruit Topping:

Place mixed berries in large bowl. Place Hibiscus jelly in microwave safe container, cook on high power for about 20 seconds or jelly is melted. Stir; drizzle over berries to glaze; gently toss to glaze berries.

To Serve: Place meringue on cake stand. Spoon whipped cream onto the center portion of meringue; top with glazed mixed berries; garnish with edible flowers, if desired. Refrigerate until serving. Serves: 8

Cook's Note: We left our Pavlova in the oven overnight. The Hibiscus jelly was ordered from Amazon. You might want to use superfine sugar for your meringue recipes.

Superfine sugar dissolves easier and is used in many meringue recipes. To make superfine granulated sugar, put granulated sugar in a food processor. Add a couple of tablespoons more to compensate for a reduction in overall volume. Process for 1 to 2 minutes and sugar feels like fine sand. Let the sugar dust settle before opening the food processor, remeasure before using the sugar. For More Information

See: <https://www.finecooking.com/article/how-to-make-your-own-superfine-sugar>

Recipe Inspired by: Gale Gand; www.finecooking.com

About the Recipe: We enjoyed this dessert when we visited Australia. It is very elegant and delicious. It has lots of sugar and requires about two preparation days, one for baking/resting and another for adding the filling and fruit. The dessert has a crisp outside meringue, is chewy inside, filled with billowy whipped cream, and studded with fresh berries. It has everything in one dessert. Just seeing it makes you want to celebrate!