



Gluten Free Apricot & Raspberry Pavlova

This pavlova is the dessert to enjoy in the sunny days of summer. It is crunchy, sweet, zingy and fresh everything you will love in a gorgeous summer day.

I used a combination of apricot and raspberries, but you can use any combination of fresh fruits. As the stoned fruits like peaches, nectarines and apricots are in the season they are the easy choice along with the berries. Maybe try a combination of blackberry and grilled peaches...that worked amazingly in pavlova. That is probably the next one I will be making.

Ingredients

For the pavlova

4 medium egg whites
200g caster sugar and
1.5tsp vanilla
1tsp cornflour
1tsp vanilla bean paste

For the filling

200g double cream, lightly whipped
2-3tbsp raspberry jam/conservé
5-6 small apricots
10-12 raspberries
Mint leave to decorate

Serves: 10-12

Preparation time: 15-20mins

Baking time: 90mins

Method

Preheat the oven to 110°C (Fan). Draw a 20cm circle on a baking paper and line a baking sheet with it (pencil side down).

Take a clean mixing bowl for the meringue. To make sure there isn't any grease left in the bowl, wipe the inside with lemon juice or cider vinegar. Place egg whites in the bowl and whisk them for a few mins using an electric whisk, until it starts to get frothy, then start to add the sugar.

Add a tablespoon of sugar at a time and then whisk for about 20-30sec, before you add the next tablespoon of sugar. Once all the sugar is incorporated, mix cornflour with vanilla and sprinkle on top of the meringue and fold in well. When ready, the meringue will be stiff and glossy.

Once the meringue is prepared, pipe it or spoon it onto the baking paper as you wish, staying within the 20cm marked line. For mine, I dollop about half the meringue onto the baking sheet and flatten it to a disk. I then spoon the rest in a piping bag, cutting the end to imitate the St Honoré nozzle, and then pipe the distinctive patterns around the edge of the meringue disk.

Bake in the preheated oven for about one and a half hours, or until the meringue is completely dry. Once baked, let it cool in the oven for another hour, keeping the door of the oven slightly ajar.

After the meringue is completely cooled, fill the baked pavlova with freshly whipped cream and some raspberry jam. You can pipe the cream to resemble similar patterns to the pavlova. Finally decorate the pavlova with slices apricot, fresh raspberries and mint leaves.