



# Oriental Pavlova

20'

Hands on

140'

Cook Time

8 - 10

Portion(s)

2

Difficulty



## Method

Photo credit:

G. Drakopoulos - Food Styling: T. Webb  
For the meringues

- Preheat oven to 100\* C (212\* F) Fan.
- Line 2 large baking sheets with parchment paper. Draw two 25 cm circles on the parchment paper, or four 15 cm circles. Depending on what size you want your dessert.
- Separate the eggs being careful not to mix the yolks with the whites. Beat the egg whites along with the citric acid or lemon juice, until they start to thicken. Then add the sugar, slowly, 1 teaspoon at a time. Continue to beat until stiff peaks begin to form. Add the lemon zest and vanilla extract.
- Fill a piping tube with the meringue. Create "bases" by filling the circles on the parchment paper with meringue.
- Bake for 70-75 minutes. If they start to brown too quickly, lower the oven temperature by 25 degrees. Turn the oven off after 70 minutes. Leave the oven door open a little (you can use a towel for this). Allow the meringues to cool completely, in the oven. This is a very important step! Do not move the meringues until they are completely cold!

For the caramelized quince

- Add the quince to a medium pan. Cover in sugar and cook over medium to low heat. The sugar will melt and liquefy along with the juices from the quince.
- When the liquid starts to bubble, lower the heat and simmer, stirring every so often. Simmer for 1 hour or until the quince are completely coated with a thick and sticky syrup. They should be soft and slightly golden.

For the whipped cream

- The whipped cream should be completely chilled from the refrigerator before using. Beat until it turns to whipped cream. Add

## Ingredients

For meringues

- 8 large egg, only the whites
- 1 teaspoon citric acid or 1 tsp. lemon juice
- 400 g granulated sugar
- grated zest of 1 lemon
- 1 teaspoon vanilla extract

For whipped cream

- 750 g heavy cream
- 3 teaspoons honey
- 4-6 drops of rosewater

For caramelized quince

- 1 large quince, peeled, seeded and cut into 2-3 mm slices
- 1 ¼ cup granulated sugar

To garnish

- 2-3 mandarins, peel and pith removed, flesh cut into segments
- 4-6 pieces caramelized quince
- 1 red grapefruit, peel and pith removed, flesh cut into segments
- pomegranate seeds, optional
- small mint leaves, optional

## Διατροφικός πίνακας

Nutrition information per portion

534 Calories (kcal)	26.3 Total Fat (g)	17.0 Saturated Fat (g)	69.0 Total Carbs (g)
27%	38%	85%	27%
69.0 Sugars (g)	4.4 Protein (g)	0.7 Fibre (g)	0.15 Sodium (g)
77%	9%	3%	3%

the honey and rosewater and gently fold them into the mixture.

To assemble

- Place the first meringue on a serving platter. Cover with half of the whipped cream. Add some of the fruit.
- Place the second meringue over the fruit. Cover with whipped cream. Top with fruit. You can drizzle some honey over the top and sprinkle with a few mint leaves (optional). Let the Pavlova rest for at least 1-2 hours before serving. This way the whipped cream and meringues will “gel” and the sweet can be cut into slices much easier.