



Pavlova Cheesecake

20'
Hands on

1 hour'
Hands off

90'
Cook Time

4
Portion(s)

1
Difficulty



Method

For the meringues

- Preheat oven to 110* C (230* F) Fan.
- Beat the egg whites and salt in a mixer, until the mixture comes together and begins to rise.
- The salt helps the meringue stiffen more.
- Add the granulated sugar in batches while beating for at least 3 minutes, until the sugar dissolves completely.
- Add the icing sugar and continue beating, until the meringue becomes bright and shiny.
- Add the vanilla and beat on high speed, until stiff peaks form.
- Take a pastry bag and add a star tip.
- Add some red food color paste and use a pastry brush to spread it all over the interior of the pastry bag.
- Add the meringue, seal pastry bag and cut open at the tip.
- Pipe some meringue onto the baking sheet and cover with parchment paper. This will help keep the paper and meringues in place while baking.
- Pipe meringue nests onto the baking sheet. Pipe out smaller meringues with your leftover meringue.
- Bake for at least 2 hours. Of course this also depends on their size. For meringues that are 1-2 cm in diameter, 2 hours is enough.
- We want the exterior to be baked but the interior to be chewy.

For the cream cheese filling:

- Beat the cream cheese and sugar in a mixer.
- Lower the speed and beat for 2-3 minutes, until it is light and fluffy .
- Scrape down the sides of the mixer's bowl.
- Add the heavy cream and beat until the mixture thickens.

For the berry sauce:

- Mash the berries along with the icing sugar and balsamic cream with a mortar and pestle, until it becomes a sauce. Refrigerate for 1/2 an hour to chill.

To assemble and serve:

- Pipe some of the cream cheese filling on to a serving plate. Place a meringue nest on top. This will help the meringue stay in place.
- Pipe the filling into the meringue nest.
- Drizzle with chilled berry sauce.
- Add some whole berries.
- Crush some of the smaller meringues over the top.
- Serve, share and enjoy!

Tip

If you want to make your meringues multicolored, use food coloring and a pastry brush to paint the inside of the piping bag before adding the mixture.

Ingredients

For the meringues

- 5 egg whites
- 1 pinch salt
- 150 g granulated sugar
- 150 g icing sugar
- 1 teaspoon(s) [vanilla extract](#)

For the creamcheese filling

- 250 g cream cheese, at room temperature
- 500 ml heavy cream 35%
- 100 g granulated sugar
- 1 teaspoon(s) [vanilla extract](#)

For the strawberries

- 500 g strawberries, washed, cut stems, cut into 8 pieces or mixed forest fruit
- 1 tablespoon(s) icing sugar
- 1 tablespoon(s) balsamic vinegar

Διατροφικός Πίνακας

Nutrition information per 100 gr.

220 Calories (kcal)	9.9 Total Fat (g)	6.3 Saturated Fat (g)	29.0 Total Carbs (g)
11%	14%	32%	11%
29.0 Sugars (g)	3.1 Protein (g)	1.2 Fibre (g)	0.21 Sodium (g)
32%	6%	5%	4%