



Peach Pavlova

25'

Hands on

150'

Cook Time

8-10

Portion(s)

2

Difficulty



Method

For the meringue

- Preheat oven to 100* C (212* F) Fan.
- Beat the egg whites, lemon juice and salt in a mixer until light and fluffy.
- Add the sugar in batches and continue beating until you create a stiff meringue.
- Add the vanilla extract and lemon zest. Beat just to combine.
- Line 2 [baking pans](#) with parchment paper. Create a 25 cm circle on each sheet of parchment with a pencil.
- Divide the meringue between the two baking pans, filling the circles drawn. Spread carefully with a spoon.
- Bake for 2-2 ½ hours.
- When ready, remove from oven and set aside to cool.

For the whipped cream

- In a mixer, add the chilled whipped cream, icing sugar and cream cheese. Beat on high speed using the whisk attachment, until completely combined and fluffy.
- Add the rosewater and lemon zest and mix.

For the topping

- Place a [pan](#) over high heat and let it get hot.
- Drain the peaches into a bowl and reserve the syrup.
- Add the peaches to the pan and sauté for 1-2 minutes, until they caramelize.
- Add the cinnamon, bay leaf, star anise, cloves and ginger. Sauté for 1-2 minutes, then transfer to a bowl and set aside.
- In the same pan, add the peach syrup, butter, cognac and honey. Allow the mixture to boil for 1-2 minutes.
- Add the peaches and stir until the syrup thickens.

To serve

Ingredients

For meringue

- 10 egg whites, from medium eggs
- ½ teaspoon lemon juice
- pinch of salt
- 400 g granulated sugar
- 1 teaspoon vanilla extract
- juice from 1 lemon

For whipped cream

- 500 g heavy cream, chilled
- 100 g icing sugar
- 250 g cream cheese
- 1 tablespoon rosewater
- grated zest of 1 lemon

For topping

- 500 g peaches, canned with syrup
- 1 cinnamon stick
- 1 bay leaf
- 2-3 cloves
- 1 star anise
- 20 g fresh ginger
- 50 g butter
- 50 g cognac
- mint leaves, for serving

Διατροφικός πίνακας

Nutrition information per portion

448 Calories (kcal)	20.0 Total Fat (g)	13.0 Saturated Fat (g)	60.0 Total Carbs (g)
22%	29%	65%	23%
59.0 Sugars (g)	6.8 Protein (g)	0.7 Fibre (g)	0.42 Sodium (g)
66%	14%	3%	7%

- Place one meringue on to a [serving platter](#).
- Spread half of the whipped cream mixture over it with a spoon.
- Cover with the second meringue and spread the remaining whipped cream over it.
- Pour the aromatic syrup with peaches over whole dessert.
- Serve with mint leaves.