



Chocolate Pavlovas

30 minutes

Hands on

10-12

Portion(s)

2

Difficulty



Method

For the meringue:

- Preheat oven to 100* C (212* F) Fan.
- Beat the egg whites, sugar, vanilla and salt in a mixer on high speed.
- The salt helps the meringue stiffen faster.
- Beat until the sugar has dissolved and stiff shiny peaks form.
- At this point, add the icing sugar but do not beat much longer after you add it. Just enough to incorporate the icing sugar.
- Line baking sheets with parchment paper.
- Transfer meringue to a piping bag. Pipe small meringue nests, which will be filled with cream.
- Bake for at least 2 hours, depending on their size of course. For meringue nests that are 1-2 cm in diameter, 2 hours are enough.
- You want their exterior to be cooked but the interior to be chewy.

For the cream filling:

- Put the chocolate in a large bowl.
- Heat the heavy cream in a small saucepan over medium heat.
- As soon as it comes to a boil, remove from heat and add to the bowl with the chocolate.
- Stir mixture in circular motions with a spatula until the chocolate melts and is completely incorporated.

For the whipped cream:

- Beat the heavy cream in a mixer on high speed, using the whisk attachment. As soon as it starts to form peaks, slowly add the icing sugar and beat until you create a thick and shiny whipped cream.

To assemble:

- Place the cream filling in a piping bag.
- Fill each meringue nest with the mixture.
- Fill another pastry bag with the whipped cream.

Ingredients

For meringue:

- 150 g egg whites
- pinch of salt
- 150 g granulated sugar
- 150 g icing sugar
- 1 packet vanilla powder

For cream:

- 180 ml heavy cream 35% fat
- 300 g dark chocolate couverture

For whipped cream:

- 250 ml heavy cream 35% fat
- 1 tablespoon icing sugar

To serve:

- 150 g almond sliver, toasted

Διατροφικός πίνακας

Nutrition information per portion

380 Calories (kcal)	23.0 Total Fat (g)	15.0 Saturated Fat (g)	38.0 Total Carbs (g)
19%	33%	75%	15%
33.0 Sugars (g)	4.3 Protein (g)	1.5 Fibre (g)	0.14 Sodium (g)
37%	9%	6%	2%

- Decorate each meringue nest to your liking.
- Sprinkle with some toasted almond slivers.