

Pavlova cake

Cuisine: Czech
Food category: Desserts



Author: Vlastimil Jaša

Company: Retigo



Program steps

1

Hot air

0 %

Termination by time

00:05 hh:mm

150 °C

100 %

2

Hot air

0 %

Termination by time

01:30 hh:mm

130 °C

90 %

Ingredients - number of portions - 1		
Name	Value	Unit
egg whites	0.12	kg
caster sugar	0.22	kg
cornstarch	0.04	kg
white wine vinegar	0.02	l

Nutrition and allergens	
Allergens: Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	2748 kJ
Carbohydrate	254.8 g
Fat	0 g
Protein	100.9 g
Water	0 g

Directions

Measure the whites (approx. 4 eggs) into a bowl and beat at low speed until stiff peaks form when you pull out the whisk. Then gradually add sugar, beat it thoroughly so that the snow is firm, shiny and at the same time without large bubbles.

Add starch and vinegar and beat lightly. Line the tray with baking paper and shape the mixture into a circle with a diameter of 18 cm (see Tips + tricks). Whip the heavy cream, spread it on the Pavlova, put passion fruit pulp, strawberries on top, or dust with powdered sugar. Cut it into pieces - don't panic, it always crumbles at least a little - and serve immediately.

Tips and tricks:

MASS
The correct consistency of snow and sugar can also be recognized by the fact that the mixture has tripled in size volume and when we remove the whisks, they form tips.

TIME
The low temperature ensures that the 'pusa' runs out nicely, while the long stay in the oven dries the crust to a crisp.

STORAGE:
Baked Pavlova will keep (without cream and topping) in an airtight container for 5 days at room temperature.

SHAPING:
The regular circular shape of Pavlova can be achieved by pre-drawing the circle on the baking sheet

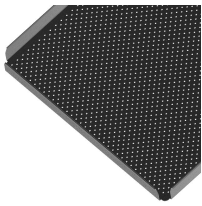
paper. But be careful - the paper will then come to the plate with the side on which we drew down. Otherwise, we will have a corpus with stamped lines. Spoon the snow mass into the center of the circle and shape it with a pastry spatula or a flat knife. If

we want the pavlova to be as perfect as possible and without cracks when served, we prefer to transfer it to the table with paper as well.

ROAST:

One more tip for the program mentioned above - open the convection oven after baking and let the Pavlova cake cool down in it.

Recommended accessories



Perforated aluminium
sheet, tefflon coated