

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

We separate the egg whites (about 4 eggs) into a mixing bowl and whip at low speeds until stiff peaks begin to form when the beaters are lifted. Then, gradually add the sugar and thoroughly incorporate it to ensure the meringue is firm, shiny, and free of large bubbles.

Add the cornstarch and vinegar, and gently fold in. Line a baking sheet with parchment paper and shape the mixture into a circle with a diameter of 18 cm (see Tips & Tricks). Whip the heavy cream, spread it over the Pavlova, add the flesh of passion fruit on top, and optionally dust with powdered sugar.

Cut into slices – don't be alarmed, it will break apart a bit during this – and serve immediately.

Tips & Tricks:

MASS

You can also recognize the correct consistency of the meringue with sugar by the fact that the mixture triples its volume and when the beaters are lifted, stiff peaks form.

TIME

A low temperature ensures that the 'mouth' rises nicely, while a long stay in the oven will dry out the crust completely.

STORAGE:

Baked Pavlova will last (without cream and toppings) in an airtight container for 5 days at room temperature.

SHAPING:

To achieve a regular round shape for the Pavlova, you can

trace a circle on the parchment paper. However, be careful – the paper should be placed upside down on the baking sheet, with the side we drew on facing down. Otherwise, we will have a base with imprinted lines. We apply the meringue mixture using a spoon in the center of the circle and shape it with a spatula or a flat knife. If we want the Pavlova to be as perfect and crack-free as possible when serving, it's better to transfer it to the table along with the paper.

BAKING:

For the program mentioned above, here's one more tip – after baking, open the combi oven and let the Pavlova cake cool down in it.

Recommended accessories



Perforated aluminium sheet, teflon coated