

BLACKCURRANT PAVLOVA



Ingredients for the blackcurrant Pavlova

Meringue:

- 4 egg whites
- 220 g sugar
- ¼ teaspoon pink food coloring (liquid)
- 2 tablespoons cornstarch
- 2 teaspoons vinegar

Blackcurrant sauce

- 200 g of black currants
- Juice of 1 lemon
- 4 tablespoons sugar
- ½ teaspoon cornstarch

Cream:

- 100 ml cream
- 100 g mascarpone
- 4 tablespoons icing sugar
- Optional: mint leaves

Preparation of the Blackcurrant Pavlova

Meringue

Preheat the oven to 150°C.

Carefully separate egg whites from the yolks and put them in a clean, dry bowl. Mix the egg whites until you obtain a smooth foam. Then begin to gradually add the sugar, whisking constantly (add more tablespoons of sugar at intervals). Beat until the foam is thick and glossy. At the end, add the coloring. Finally, add the cornstarch and vinegar and blend to combine the ingredients.

On a baking tray covered with baking paper, make a dome with the foam of a diameter of 18-20 cm. Decrease temperature in the oven to 120°C, insert the tray with the meringue and bake for 1 hour and 20 minutes. Turn off the oven and let the meringue cool completely inside the oven without opening.

Blackcurrant sauce

Wash the currants, tear off the stalks and put them into a saucepan. Pour lemon juice over the currants and bring them to a boil. Cook for about 1 minute, then add sugar and mix until the sugar is dissolved. Add the cornstarch previously mixed with a few tablespoons of cold water. Bring to a boil and set aside from the fire. Fruits should be wrapped in medium thick syrup. If necessary, add a little more flour or water.

Cream

Put cold cream, cold mascarpone and icing sugar into a bowl, beat the cream for about 2 minutes. Keep in the refrigerator if you do not use it immediately.

On the cooled meringue, put a little bit of the cream and fruit jelly (no need to put the whole cream and jelly onto the meringue, you will serve it on each plate).

Garnish with mint.

This recipe has been found here