



# Peach and Passionfruit Pavlova

*Gluten-free. Makes one 8" cake that serves 8. I recommend reading my "ten tips for pavlova success" in the blog post before beginning.*

Prep: 25 minutes | Bake: 1 hr 30 minutes | Cool: 2 hours up to 12 hours (overnight)

## INGREDIENTS

For the meringue (note 1):

4 large fridge-cold egg whites (preferably weighed on a scale to 142g or 5 oz)

1 C (220g) superfine aka caster sugar (note 2)

1 tsp white vinegar OR a pinch of cream of tartar

1 tbsp cornstarch (note 3)

*For the sweetened whipped cream:*

1½ C (350ml) whipping cream aka heavy cream (note 4)

1-2 tbsp superfine caster sugar, to taste (I prefer less, to balance the meringue's sweetness)

½ tsp pure vanilla extract or vanilla bean paste

*For topping the Peach Passionfruit pavlova:*

3-4 ripe peaches (or nectarines), pitted and cut into ½" wedge slices

5-6 passionfruits



## METHOD

**Prepare mixing bowl and whisk:** Take out stand mixer bowl and whisk attachment. Make sure everything is completely clean and free of any grease or water.

**Separate egg whites:** While eggs are still cold (for easier separation), separate whites from yolks. Keep the yolks to use for something else – see note 5 for ideas. Tip: Be careful not to get a single drop of yolk in the whites. Egg whites contaminated with yolk will not whip up properly. If you need to be extra careful, separate one egg at a time into a small bowl first and only place uncontaminated whites in your stand mixer bowl. If time permits, allow egg whites to come to room temperature – this helps them whip up fluffier.

**Preheat oven and baking sheet(s):** Preheat oven to 275f (\*\*note\*\* you will turn this down to 250f later, just before placing meringue in the oven). For this recipe, you have the option to bake pavlova into two-layer cake (pictured in this blog post) or single layer cake (mounded as a dome like my [Winter Pavlova with Lemon Curd](#)). To bake two meringue layers, check to confirm your two baking sheets fit side-by-side on your oven rack. Line baking sheet(s) with parchment paper. Draw an 8" circle on each parchment and flip drawn-side down on the baking sheet.

**Prepare meringue:** Whisk egg whites on medium-high (level 6 on my KitchenAid stand mixer) past foamy stage to soft peaks. “Soft peaks” means peaks are just starting to hold but doesn't stand on their own beyond a couple of seconds ([this](#) Kitchn post provides a great visual guide for soft, medium and firm peaks). Add sugar by tablespoons as you continue whisking. After all sugar is in, stop mixer to scrape bowl down once. Then turn to high speed (level 8) and continue beating 3-4 minutes more or until thick and glossy, and sugar is completely dissolved. Confirm by rubbing a bit of meringue between your fingers – there should be little to no grit. Fold in vinegar or cream of tartar and corn starch. Mix well but don't over mix and risk deflating the meringue.

**Form and bake meringue:** Dab a bit of meringue on four corners to “glue” undersides of the parchment to baking sheets to prevent lifting when you form the pavlova. Scoop about half the meringue onto the



center of one drawn circle. Push and shape into a flattened disc within the 8" circle. Repeat with the remaining half of the meringue on the other baking sheet. Or if making single-layer pavlova, form into a taller dome within the 8" circle. Use spatula to create desired design. Place baking sheet(s) gently into oven and close oven door. **\*\*TURN OVEN DOWN TO 250 f\*\***. Bake without peeking for 1.5 hours. Turn oven off. Turn on oven light if that's an option. Allow the pavlova to gradually cool inside the oven like that at least 2 hours up but preferably longer up to overnight. If in a hurry, it's possible to cool it down out of the oven on a wire rack but it will definitely crack more if not given a chance to cool down very gradually.

**Prepare Sweetened Whipped Cream:** Add cream into the clean bowl of a stand mixer fitted with whisk attachment. Whisk at low speed, gradually increasing to high, until it has started to thicken. Add sugar and vanilla. Whip on medium speed until thick and billowy soft peaks. Be careful not to over whip. It should only take between 1-3 minutes depending on your machine.

**Assemble (do this as close to serving as possible, up to several hours in advance):** Place one meringue circle on serving plate or cake stand. Spread half the whipped cream all over. Add second meringue circle and spread remaining whipped cream on top. Arrange peach slices and scoop passionfruit pulp all over or you may keep a few passionfruit halves intact for presentation. Serve and watch everyone swoon over its heavenly goodness!



## **RECIPE NOTES:**

1. **Meringue:** It's preferable to bake the meringue in advance and allow it to cool down gradually while still inside the oven overnight or as long as you can. The slow cooling down helps prevent collapsing and cracking. But don't worry too much even if there is cracking or collapsing in the middle - this does happen and won't affect the taste of the pavlova whatsoever.
2. **Castor sugar:** Aka superfine sugar can be store-bought or made by whizzing granulated sugar in the food processor until very fine. It is preferably to use superfine sugar in the meringue as it dissolves more quickly than granulated sugar, ensuring a smooth meringue.
3. **Corn Starch:** The cornstarch creates a chewier, less brittle texture in the baked meringue. I used to omit this out of practicality because I got out of the habit of having cornstarch in the house during our Paleo grain-free days. Without it, the pavlova is more crisp and brittle but is still wonderful and not blatantly noticeable under a pile of whipped cream and fruit. Now I buy organic corn starch and use it in this recipe.
4. **Dairy-Free Alternative:** The whipped cream can be replaced with coconut whipped cream or [lemon curd](#) like in my [Winter Pavlova with Meyer Lemon Curd](#) recipe.
5. **What to do with orphaned egg yolks:** You can make lemon (or other citrus) curd, crème brûlée or ice cream. For savoury options, add the yolks to breakfast scramble or in addition to other whole eggs in fried rice for a richer flavour. You can also add a couple yolks to the mashed potatoes to top a Shepherd's pie à la Gordon Ramsay.