



Peach and Passionfruit Pavlova

{ gluten-free, dairy-free option }

Recipe makes one 8" two-layer Pavlova.

NOTES + MAKE IN ADVANCE:

- **Meringue:** It's preferable to bake the meringue in advance and allow it to cool down while still inside the oven overnight or as long as you can. The slow cooling down actually helps prevent collapsing and cracking.
- **Dairy-Free Alternative:** The whipped cream can be replaced with coconut whipped cream or [lemon curd](#).
- **Castor sugar:** Aka superfine sugar can be store-bought or made by whizzing granulated sugar in the food processor until very fine.

INGREDIENTS

For the meringue:

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

1 C (220g) superfine (caster) sugar

1 tsp white vinegar OR pinch cream of tartar

For the sweetened whipped cream:

1.5 C (350ml) whipping cream or heavy cream (substitute coconut whipped cream for dairy-free)

3 tbsp superfine caster sugar

1/2 tsp pure vanilla extract or vanilla bean paste



For topping the pavlova:

3-4 ripe peaches (or nectarines), pitted and cut into 1/2" wedge slices

5-6 passionfruit

METHOD

Prepare the mixing bowl / whisk and separate the egg whites: Take out a large bowl or the bowl of your stand mixer and the whisk attachment. Make sure both are completely clean and free of any grease or water. While the eggs are still cold, separate the whites from the yolk, being very careful not to get a single drop of yolk in your whites. If you feel the need to be extra careful, separate one egg at a time into a small bowl first and only place the white in your stand mixer bowl once you're successful. Any whites contaminated with yolk is better used for breakfast scramble. Allow the egg whites to come to room temperature - this will help them be fluffier when you whisk them.

Prepare the meringue: Preheat oven to 350f. You will be baking two meringue circles measuring 8" in diameter. Line two baking sheets with parchment paper. Draw an 8" circle on each parchment paper and flip drawn-side down on the baking sheet. Whisk the egg whites on high (level 8 on stand mixer) until soft peaks which means the peaks are just starting to hold and doesn't stand on their own ([this](#) provides a great visual guide for soft, medium, firm peaks). Add the sugar in by the spoonful as you continue whisking. After all the sugar is in, continue beating for 2-3 minutes more until thick and glossy, and the sugar is completely dissolved - confirm by rubbing a bit between your fingers and there should be no grit. Stir in vinegar or cream of tartar (whichever you're using) and mix well.

Form and bake the meringue: Dab a bit of meringue on four corners of the underside of the prepared parchment to keep it from lifting up when you form the pavlova. Scoop about half the meringue onto the center of one of your drawn circles and begin shaping it to the desired size with a spatula. Repeat with the remaining half of the meringue on the other drawn circle. Place the baking sheets gently into the oven and close the oven door, preferably without banging anything. ****TURN THE OVEN DOWN TO 250f****. Bake without peeping for 1.5 hours. Turn the oven off, open the oven door a bit and wedge a wooden spoon to keep it ajar and allow the pavlova to cool fully - you can leave it inside the oven like



that overnight. If you are in a hurry, cool it down out of the oven on a wire rack but it may crack more, if you care about that.

Prepare the Whipped Cream: Add the cream into the clean bowl of a stand mixer fitted with whisk attachment. Start whisking the cream at low speed gradually increasing to high, until it has started to thicken. Add the sugar and vanilla extract and whip on medium speed until you achieve thick and airy soft peaks.

Assemble (do this as close to serving as possible, up to several hours in advance): Once you are ready to serve, place one meringue circle on your serving plate or cake stand. Spoon about half the whipped cream all over. Add the second meringue circle to the top and spread the remaining whipped cream on top. Arrange peach slices and scoop passionfruit pulp all over the top (you may keep a few passionfruit halves intact for a prettier presentation). Serve and watch everyone swoon over it's heavenly goodness!

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