Summer Fruits Pavlova By Luciana Battisti

A perfect dessert for the hot summer days we have coming up. Always a hit! the light and fluffy pavlovas married with those ripe berries is just a perfect pairing.  Delicious!

Ingredientes:  
For the meringue  
4 egg whites  
A picture containing food

Description automatically generated250g caster sugar  
1 tsp white wine vinegar  
1 tsp cornflour  
1/2 vanilla pod or 1 tsp vanilla extract

For the diplomat cream:  
350g whole milk  
1 vanilla pod or 1 tsp of vanilla extract  
4 egg yolks  
60g sugar  
15g flour  
15g cornflour

For the Chantilly:  
250 double cream  
25g icing sugar  
1/2 vanilla pod or 1/2 tsp vanilla extract

​Method

For the meringue  
 Pre Heat oven to 130C  
 In a mixer whisk the egg whites until they form stiff peaks, then whisk in 250g caster sugar, 1  tbsp at a time, until the meringue looks glossy.  
 Whisk in 1 tsp white wine vinegar, 1 tsp cornflour and the vanilla  
 Using a piping bag, pipe 6 circles creating a crater by making the sides a little higher than the   middle.  
 Bake for 20 minutes then turn off the heat and let the Pavlova cool completely inside the   oven.

For the pastry cream  
 In a bowl, whisk together the eggs and sugar until they turn a pale gold colour. Whisk in   the flour and cornflour and set aside.  
 Place the milk and vanilla in saucepan, bring to a gentle simmer, stirring frequently. Remove   the pan from the heat and let cool for 30 seconds.  
 Slowly pour half of the hot milk onto the egg mixture, whisking all the time, then return   the mixture to the remaining milk in the pan. It is important to slowly pour the hot milk   onto the cold eggs before you return the mixture to the pan to prevent the eggs from   scrambling.  
 Bring the mixture back to the boil and simmer for one minute, whisking continuously, or   until smooth.  
 Pour the cream into a clean bowl and cover with clean film to prevent a skin forming.   When cooled, refrigerate until needed.

To make the diplomat you’ll use the pastry cream lightened with chantilly cream, make it just before you assemble the pavlovas.  
Whip the cream with the sugar and vanilla to medium peaks. Fold a few spoonfuls of the pastry cream into the whipped cream. Gradually add the rest of the pastry cream, being careful to not knock the air out.  
To assemble place some pieces of strawberries, a few blackberries and a few raspberries. Spoon the cream and add one by one the fruits for decoration.

Dust with icing sugar or with raspberry coulis.