MERINGUE PAVLOVA

INGREDIENTS

* 4 egg whites
* 1¼ cups castor sugar
* 4 tsp maizena (cornflour)
* 2 tsp vinegar
* 1 tsp vanilla essence
* ¼ tsp salt
* whipped cream
* strawberries
* balsimo rose beads

METHOD

1. Preheat oven to 150°C
2. Beat the egg whites until stiff peaks form and then add castor sugar and beat again until stiff.
3. Add maizena, vinegar and vanilla and mix again until well combined.
4. Place wax paper on a baking tray and with a piping bag or with the back of a spoon, create a circular base of meringue mixture. Use a piping bag to then pipe dollops of meringue around the edges, effectively creating a “basket” or “barrier” so that the fruit and cream which you’ll put in later (when serving) doesn’t escape!
5. Bake for about 1 hour at 150°C. Allow to cool.
6. To serve, spread the top with cream and strawberries and sprinkle with rose beads. garnish with fresh mint leaves.