

Mum's Pavlova

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My late mother-in-law, Jean Ward, gave me her recipe for Pavlova, the national dessert of New Zealand. It's basically a meringue and served with heaps of freshly whipped cream and berries. It's easy and very yummy.

4 egg whites
1/2 cup sugar
1 pinch salt
1 teaspoon malt vinegar
Few drops vanilla

Serve with berries and whipped cream.

1. Heat oven to 275 degrees. Position rack in bottom of oven.
2. Beat eggs until stiff. Gradually add sugar, beating constantly until peaks form. Fold in salt, vinegar and vanilla.
3. Grease Pyrex serving plate or pie dish with melted butter (or spray with butter-flavored cooking spray).
4. Pile pavlova onto greased plate or dish. Do not mash down. It will form peaks.
5. Bake at 275 degrees for 15 minutes.
6. Then turn the oven down to 250 degrees. Bake for 1 1/4 hours more. Pavlova will brown slightly. After it is done, remove it from the oven carefully so pavlova will not fall.
7. Allow to cool. Slice strawberries or other fruit and serve with whipped cream.

Serves 4.