

# Pavlova

**/ SUBMITTED BY CS1 RICHARD PEDERSEN, USCG**

MAKES 12 TO 15 SMALL NESTS (3 TO 5 INCHES) OR 2 LARGE (10 INCHES)



## **/ INGREDIENTS**

### **PAVLOVAS**

6 large egg whites, room temp

1½ cups granulated sugar

2 tsp. cornstarch

1/2 tbsp. lemon juice

1/2 tbsp. vanilla extract

Pinch of salt

### **CREAM**

1½ cups heavy/whipping cream, cold!

2 tbsp. granulated sugar

1 tsp. vanilla bean paste

### **TOPPINGS**

Seasonal berries or sliced/diced fruit

Mint leaves

Chocolate shavings



## **/ DIRECTIONS**

1. Heat oven to 225 degrees. Prepare baking sheets with parchment paper. Draw circles in pencil to use as a piping guide.
2. Beat egg whites on high speed until soft peaks form. Then, with the mixer running, gradually add the sugar and salt and beat for 10 minutes or until smooth and glossy stiff peaks form.
3. With a rubber spatula, quickly and gently fold in lemon juice and extract. Fold in cornstarch until well blended.
4. Pipe or spread the meringue as desired. Make a slight indentation/well in the center of each pavlova for the cream. Bake small nests for about 75 minutes and bake large nests for 90 minutes. Turn the oven off without opening the door. Let meringue nests sit in the hot oven for 30 minutes, then remove. Pavlovas should be dry and crisp on the outside, a marshmallow consistency on the inside, and a very pale cream color.
5. Let pavlovas cool completely on a wire rack.
6. Just before serving, beat the cream, sugar, and vanilla bean paste, until medium soft peaks and spread on each pavlova. Top with fruit and other garnishes, as desired.

**PRO TIP:** For an additional flavor and textural dimension, you can use the leftover yolks to make pastry cream or a curd, then spread a thin layer of it on the meringue before adding the whipped cream and toppings. For example, a passion fruit or lemon curd is fantastic in this dessert. Variation: If you accidentally (or purposely) crush the meringues, gently fold the whipped cream, fruit, and other additions together and layer in parfait glasses. This variation is called Eton Mess.

## **/ ABOUT THE CHEF**

CS1 Richard Pedersen joined the Coast Guard Reserves in 2012 and joined the active duty enlisted ranks in 2015. He is currently deployed to the Coast Guard Cutter Elm, homeported in Astoria, Ore.