**Strawberry Pavlova**

**(One recipe per unit – makes 5)**

**C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\QPB2JC3X\MC900411041[1].wmfDay 1 of 2-day lab:**

**Ingredients:**

* 3 egg whites (90 mL)
* Pinch (1/4 mL) cream of tartar
* 175 mL sugar
* 2 mL almond or vanilla extract
* 7 mL vinegar
* 15 mL cornstarch

**Directions:**

**Preheat oven to 275°F with rack in centre position.**

1. Place egg whites in a medium mixing bowl (egg whites are best used at room temperature for maximum volume when beaten). Beat egg whites with electric mixer on medium speed until foamy. **TIP**: Never use plastic bowls – they may retain a greasy film that could prevent foaming.
2. Add cream of tartar; beat until soft peaks form. Gradually add sugar, 15 mL at a time, beating on high speed until stiff peaks form. Add extract and vinegar and beat until whites are very stiff and shiny. Check to be sure sugar is dissolved by rubbing a little of the beaten meringue between your thumb and forefinger. If it feels gritty, beat a little longer. Gently fold in cornstarch.
3. Meringue shells: Draw five 4-inch (10 cm) circles on parchment and place parchment upside-down on a baking sheet (pencil- or pen-side **DOWN**). Label one corner of paper with block and unit #.
4. Spoon about 80 mL meringue on each circle; spread with spoon to form shell with slightly raised sides. Bake in oven until slightly browned and firm, about 45 minutes.
5. Turn oven off and open door. Allow to cool in oven as long as possible. Just before the end of class, remove from pan and cool meringues on a wire rack (leave shells on parchment paper).

**Day 2 of 2-day lab:**

**Ingredients:**

* 125 mL whipping cream
* 10-15 mL sugar
* 2 – 5 mL vanilla (clear, if available)
* 175 mL frozen strawberries, thawed & sliced

**Directions:**

1. In a mixing bowl, beat cream until soft peaks form. Add vanilla and gradually add the sugar, beating until stiff peaks form (taste with a clean spoon after adding 10 mL of sugar). Spoon over meringue; arrange strawberries over top. Serve immediately.

This dessert could be served with any variety of fruit (fresh, canned or frozen) or drizzled with chocolate syrup and sprinkled with chocolate curls.

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