

PREP: 30 min
COOK: 1 hour 15 min
SERVES: 8-10

Vanilla Pavlova with Poached Apricots & Lemon

The crisp outer shell and marshmallow centre of our vanilla pavlova with poached apricots and lemon is irresistible, especially when served with lots of whipped cream and fruit. This vanilla pavlova recipe is easy to make and topped with poached apricots infused with lemon — the perfect partner in taste for the sweet meringue base. If you're pressed for time, you can make the pavlova shell and store it unfilled in an airtight container the day before making the poached apricot and lemon topping.

Ingredients

Meringue

Melted butter, to grease

4 egg whites, at room temperature

Pinch of salt

2 tsp cornflour

1 tsp white vinegar

1 cup (220g) caster sugar

1 1/2 tsp Queen Natural Organic Vanilla Essence-Extract

Method - Meringue

STEP 1

Place the oven rack in the lower third of the oven and then preheat to 110°C (fan forced). Draw a circle on a piece of baking paper using a 20cm cake tin as a guide. Place the baking paper, marked side down, on a baking tray.

STEP 2

Place egg whites in a large mixing bowl and use an electric mixer with a whisk attachment to whisk on medium or medium-high speed until foamy. Add salt, vinegar and cornflour and whisk on medium or medium-high speed until soft peaks form (this will take about 1 minute).

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Ingredients

300ml thickened cream

Poached Apricot & Lemon Topping

2 lemons, washed

1 cup (220g) caster sugar

3/4 cup (180ml) water

250g dried apricot halves

Method - Meringue

STEP 3

With the motor running, add sugar a spoonful at a time, whisking well on medium speed after each addition, until all the sugar has dissolved and the mixture is very thick and glossy (this will take 4-5 minutes). Add the vanilla and whisk to combine. Use a spatula to stir the meringue mixture to 'loosen' it slightly (this will get rid of any excess air in the mixture and give it a smoother, less 'foamy' texture).

STEP 4

Spoon the meringue mixture onto the lined tray and use the back of the spoon to spread it to fill the marked circle. Make a well in the centre and build up the sides, creating swirls or smoothing the surface as desired.

STEP 5

Bake 1 hour 15 minutes, until the meringue is crisp and hard to touch, but not coloured. When the pavlova is cooked, turn off the oven, leave the door slightly ajar and cool it completely in the oven (this will take about 2 hours).

Method - Poached Apricot & Lemon Topping

STEP 1

Use a vegetable peeler to remove the rind from the lemons in wide strips. Remove any white pith on the rind with a small sharp knife. Juice the lemons and measure out 80ml (1/3 cup) lemon juice. Put the lemon rind strips and juice, sugar and water in a small saucepan. Stir with a wooden spoon over medium heat until the sugar dissolves. Add the apricots and bring to the boil. Reduce the heat to medium and simmer for 8–10 minutes or until the apricots are plump and tender and the syrup has reduced slightly. Remove from the heat and set aside to cool.

STEP 2

To serve, use an electric mixer with a whisk attachment or a balloon whisk to whisk cream until soft peaks form. Spoon the whipped cream into the centre of the pavlova and spread evenly. Spoon the apricots and lemon rind over the cream and then spoon a little of the poaching syrup over the top. Serve immediately with any remaining syrup served separately.

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