

Pavlova with Rose Cream

This is a easy and simple recipe for a very elegant dessert made mainly with egg whites, whipped cream and fresh fruit. What makes this pavlova especial is the hint of rose in the whipped cream.



For the longest time I wanted to make pavlova...and I was able to try it for the first time this last July 4th, for the celebration of our Independence day...but could not take many photos...that is okay because I got to bake again for my niece Erica's 16th birthday. Instead of topping the pavlova with only strawberry and blueberry (blue, red and white) I got to try again with all kind of fruits, which turned out to be

prettier.

This is such a simple and easy recipe, in a way refreshing due to all the fruits on it...the combination of the delicate meringue (crispy) with the creamy fresh whipped cream with a touch of rose and the fresh fruit is just indescribable enjoyment for the palate.

The great about this simple and elegant recipe is that you can make the meringue a day ahead, just keep it in an airtight container.

Ingredients:

- 4 egg whites
- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla extract
- 1 teaspoon white vinegar
- 2 teaspoons cornstarch

- 2 cups heavy cream
- 1 tablespoon sugar
- 2 teaspoons rose water

- All kind of fresh fruits that your eyes and palate desire...



Method:

Preheat oven to 250F degrees F. Line a baking sheet with parchment paper. Draw a 9-inch circle on the parchment paper and flip the parchment paper, transfer the paper to a baking sheet.

In a large bowl, beat egg whites on low speed. Gradually add in the sugar, and increase the speed to medium high beating well until soft peaks form. Gently mix in rose water, vinegar, and cornstarch and continue beating until very stiff and glossy peaks.

Spoon the egg white mixture inside the circle drawn on the parchment paper. With a spoon gently work from the center to the side of the circle, building an edge.

Bake for 15 minutes at 250F and then 200F for another 1 $\frac{1}{2}$ hour. The outside of the meringue should be crispy and lightly brown. The time to reach the crispy meringue is increased due to the less amount of sugar in the meringue.

Cool on a wire rack.

In a medium bowl, beat heavy cream with the sugar and rose water until stiff peaks.

Gently fill the center of the meringue with the whipped cream. Top it with the fresh fruit. Serve immediately.





I hope you enjoy this simple and elegant dessert using meringue...for more recipes using meringue you might want to check the recipe for Meringue Kisses Cookies.



Did you know that pavlova was named after the Russian ballerina Anna Pavlova? Two countries claim to be the creator of this dessert, Australia and New Zealand.

Thank you for stopping by Color Your Recipes...have a colorful week!