



CLONAKILTY

CHEF EDWARD HAYDEN'S PAVLOVA



By Irish Yogurts Clonakilty

Edwards Pavlova
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Prep Time: 5 min

Total Time: 5 min

Category: Dessert

Method

- Preheat the oven to 250°F/130°C/gas mark 1/2
- Choose a large spotlessly clean mixing bowl
- Put the egg whites into the mixing bowl and beat them vigorously until they are stiffly beaten. If you turn the bowl upside down they should not come out of the bowl
- Reduce the speed of the mixer and add the sugar bit by bit until it is all incorporated. It is important to beat well between each addition of sugar
- Turn off the mixer and add the vanilla extract, cornflour and vinegar. Turn the mixer to full speed for 50-60 seconds
- Using a piping bag, pipe the meringue mixture into 3 large discs (approximately 8 inches wide) onto baking trays lined with parchment paper
- When piping I normally add a ring of rosettes around the edges but you can be as innovative as you please



- Place in the oven and after 15 minutes reduce the heat to 110°C/225°F/Gas Mark 1/4, for a further 55-60 minutes. The edge of the meringue should feel crisp but the centre will still be quite soft.
- Allow to cool completely (preferably overnight)
- To assemble, mix together the lemon curd and yogurt. Layer the 3 discs with the mixture and fresh fruit. Decorate on top with mint and fresh fruit

Ingredients

- 5 large egg whites
- 300g caster sugar
- 1/2 tsp of cornflour
- 1/2 tsp of vinegar
- 1/2 tsp of vanilla extract
- 6 tbsp [Irish Yogurts Clonakilty Low Fat Greek Style Live Yogurt](#)
- 150g lemon curd
- Summer berries
- Fresh mint sprigs

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