

BERRIES PAVLOVA, LIME CREAM AND FRENCH MERINGUE

The Recipe

<https://www.cuisinedaubery.com/recipe/berries-pavlova/>

A delicious, creamy and refreshing Pavlova, made with French Meringue, Mascarpone Lime Cream and Berries Jam

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Dessert, Layer Cake, Pavlova,

Ingredients

For a 7.87" (or 7 7/8" or 20 cm) in diameter pavlova

*Pavlova Meringue

4 Tablespoons Egg Whites (60 grams)

1 Tablespoon Sugar (20 grams) 1 st sugar

1 Tablespoon Sugar (20 grams) 2nd sugar

1 teaspoon Lemon Juice (4 grams)

2 teaspoons Corn Starch (7 grams)

1/4 Cup Icing Sugar (50 grams)

*Berries Confit

1 Cup Berries Confit (Jam) (300 grams) For the recipe, see [HERE](#)

*Lime Cream

1 Cup Mascarpone Cheese (220 grams)

1 Cup Cream (220 grams)

1/3 Cup Icing Sugar (66 grams)

1 Vanilla Bean

1/2 teaspoon Lime Zests (1/2 gram)

*Decoration

some Snow Sugar For the recipe, see [HERE](#)

some Mint leaves

For a 8.66" (or 8 21/32" or 22 cm) in diameter pavlova

*Pavlova Meringue

1/3 Cup Egg Whites (72.6 grams)

2 Tablespoons Sugar (24.2 grams) 1 st sugar

BERRIES PAVLOVA, LIME CREAM AND FRENCH MERINGUE

2 Tablespoons Sugar (24.2 grams) 2nd sugar

1 teaspoon Lemon Juice (4.8 grams)

1 Tablespoon Corn Starch (8.4 grams)

1/3 Cup Icing Sugar (60.5 grams)

*Berries Confit

1 Cup Berries Confit (Jam) (363 grams) For the recipe, see [HERE](#)

*Lime Cream

1 Cup Mascarpone Cheese (266.2 grams)

1 1/4 Cup Cream (266.2 grams)

1/2 Cup Icing Sugar (79.8 grams)

1.2 Vanilla Beans

1/2 teaspoon Lime Zests (1.2 grams)

*Decoration

some Snow Sugar For the recipe, see [HERE](#)

some Mint leaves

For a 9.44" (or 9 29/64" or 24 cm) in diameter pavlova

*Pavlova Meringue

1/3 Cup Egg Whites (86.3 grams)

2 Tablespoons Sugar (28.8 grams) 1 st sugar

2 Tablespoons Sugar (28.8 grams) 2nd sugar

1 teaspoon Lemon Juice (5.7 grams)

1 Tablespoon Corn Starch (10 grams)

1/3 Cup Icing Sugar (72 grams)

*Berries Confit

1 1/3 Cup Berries Confit (Jam) (432 grams) For the recipe, see [HERE](#)

*Lime Cream

1 1/4 Cup Mascarpone Cheese (316.8 grams)

1 1/2 Cup Cream (316.8 grams)

1/2 Cup Icing Sugar (95 grams)

1.4 Vanilla Beans

1/2 teaspoon Lime Zests (1.4 grams)

*Decoration

some Snow Sugar For the recipe, see [HERE](#)

some Mint leaves

For a 7.08" (or 7 3/32" or 18 cm) in diameter pavlova

*Pavlova Meringue

3 Tablespoons Egg Whites (48.6 grams)

1 Tablespoon Sugar (16.2 grams) 1 st sugar

1 Tablespoon Sugar (16.2 grams) 2nd sugar

BERRIES PAVLOVA, LIME CREAM AND FRENCH MERINGUE

- 1/2 teaspoon Lemon Juice (3.2 grams)
- 2 teaspoons Corn Starch (5.6 grams)
- 3 Tablespoons Icing Sugar (40.5 grams)
- *Berries Confit
- 3/4 Cup Berries Confit (Jam) (243 grams) For the recipe, see [HERE](#)
- *Lime Cream
- 3/4 Cup Mascarpone Cheese (178.2 grams)
- 3/4 Cup Cream (178.2 grams)
- 1/4 Cup Icing Sugar (53.4 grams)
- 0.8 Vanilla Bean
- 1/2 teaspoon Lime Zests (0.8 gram)
- *Decoration
- some Snow Sugar For the recipe, see [HERE](#)
- some Mint leaves

Steps

Berries Confit

1. We need to start with the Berries Confit (Jam) (1 Cup or 300 g), you will need more or less 1 Cup or 300 g
2. The recipe is [HERE](#)
3. Of course you can use purchased jam, but make sure it's not too "runny"
4. After making the confit (jam), store in the fridge

The Pavlova Meringue

5. The Pavlova Meringue is a French Meringue to which we add Lemon and Cornstarch : this helps to dry out the meringue
6. Pour the Egg Whites (4 Tablespoons or 60 g) into a mixing bowl and wait 30 minutes (they will whip much better if they are at room temperature)
7. Start whipping: You may use either a stand mixer (like a Kitchen Aid appliance) or an electric beater
8. Start on moderate speed (egg whites will hold better): With the stand mixer, I use the Speed #4 (1-10)
9. After 4 minutes, pour the first Sugar (1 Tablespoon or 20 g)
10. Increase the speed: With the stand mixer, I use the Speed #6 (1-10)
11. After 3 minutes, pour the 2nd Sugar (1 Tablespoon or 20 g)
12. Increase the speed: With the stand mixer, I use the Speed #8 (1-10)
13. After 2 minutes, add in the Lemon Juice (1 teaspoon or 4 g)
14. Increase the speed and keep whipping for 1 minute. With the stand mixer, I use the Maximum

BERRIES PAVLOVA, LIME CREAM AND FRENCH MERINGUE

Speed #10 (1-10)

15. Over the bowl, sift the Icing Sugar (1/4 Cup or 50 g)

16. Manually fold, with a rubber spatula

17. Transfer to a Pastry Bag with a Plain Pastry Tip, 0.78" (or 25/32" or 2 cm) in diameter

Baking

18. You may shape the meringue the way you want. I am going to shape my meringue in a circular shape, with "little balls"

19. One trick to make a nice regular shape is to "dip" a pastry ring into icing sugar and transfer onto the silicone mat or the parchment paper

20. That way, you have a pattern that will help you pipe a perfect shape

21. Pipe the pavlova meringue

22. Bake in preheated oven at 220 F / 100 C for 3 hours or more

23. Then turn off the oven and let the meringue dry out a few hours

24. The meringue must be completely dried and at room temperature

Chocolate Coating

25. Additionally, I recommend to melt white chocolate and coat the meringue : the fat from the chocolate will prevent the meringue to turn soggy when we add the jam confit and the cream

The Lime Cream

26. In a clean mixing bowl, add in: the Mascarpone Cheese (1 Cup or 220 g), the Cream (1 Cup or 220 g), the Icing Sugar (1/3 Cup or 66 g). Split and grate the seeds of the Vanilla Bean (1), then add in the seeds. As an alternative, you may use Vanilla Paste, but avoid vanilla extract if you can

27. Over the bowl, scrape the Lime Zests (1/2 teaspoon or 1/2 g). I like to use a microplane for this

28. Place the bowl in the fridge for at least 30 minutes : once cold, the cream and ingredients will whip much better !

29. Then, whip the lime cream: You may use either a stand mixer (like a Kitchen Aid appliance) or an electric beater

30. Transfer the whipped cream in a Pastry Bag with the same Piping Tip (so to obtain same size balls as the meringue)

31. Pipe a first "ring" of small balls over the meringue

32. Pour the Berries Confit (Jam) (1 Cup or 300 g), then spread using an offset Icing Spatula

33. Make sure the Berries Confit (Jam) is cold (if too hot, it would melt the cream)

34. Pipe a second layer of whipped cream

35. Pour a second layer of confit/jam

36. Make sure the pavlova is shaped into a "dome". Do avoid a "pyramidal shape" which is not as good looking

37. Sprinkle Snow Sugar (The recipe is [HERE](#))

38. Then top the pavlova with berries : Strawberries, Raspberries, Blackberries, etc... Any seasonal berries you like !

39. To add more color contrast, I also add Mint leaves

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