

THE PAVLOVA MERINGUE

The Recipe

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

A meringue recipe used for Pavlova desserts

Preparation Time: 15 Minutes

Cooking Time: 3 H

Skill: Easy Level

Cuisine: French Cuisine

Courses: Base, Sweet Base, Meringue, French Meringue,

Ingredients

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

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

1/3 Cup Egg Whites (72.6 grams)
2 Tablespoons Sugar (24.2 grams) 1 st sugar
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)

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

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

3 Tablespoons Egg Whites (48.6 grams)

THE PAVLOVA MERINGUE

- 1 Tablespoon Sugar (16.2 grams) 1 st sugar
- 1 Tablespoon Sugar (16.2 grams) 2nd sugar
- 1/2 teaspoon Lemon Juice (3.2 grams)
- 2 teaspoons Corn Starch (5.6 grams)
- 3 Tablespoons Icing Sugar (40.5 grams)

Steps

1. The Pavlova Meringue is a French Meringue to which we add Lemon and Cornstarch : this helps to dry out the meringue
2. 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)
3. Start whipping: You may use either a stand mixer (like a Kitchen Aid appliance) or an electric beater
4. Start on moderate speed (egg whites will hold better): With the stand mixer, I use the Speed #4 (1-10)
5. After 4 minutes, pour the first Sugar (1 Tablespoon or 20 g)
6. Increase the speed: With the stand mixer, I use the Speed #6 (1-10)
7. After 3 minutes, pour the 2nd Sugar (1 Tablespoon or 20 g)
8. Increase the speed: With the stand mixer, I use the Speed #8 (1-10)
9. After 2 minutes, add in the Lemon Juice (1 teaspoon or 4 g)
10. Over the bowl, sift the Corn Starch (2 teaspoons or 7 g)
11. Increase the speed and keep whipping for 1 minute. With the stand mixer, I use the Maximum Speed #10 (1-10)
12. Over the bowl, sift the Icing Sugar (1/4 Cup or 50 g)
13. Manually fold, with a rubber spatula
14. Transfer to a Pastry Bag with a Plain Pastry Tip, 0.78" (or 25/32" or 2 cm) in diameter

Baking

15. You may shape the meringue the way you want. I am going to shape my meringue in a circular shape, with "little balls"
16. 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
17. That way, you have a pattern that will help you pipe a perfect shape
18. Pipe the pavlova meringue
19. Bake in preheated oven at 220 F / 100 C for 3 hours or more
20. Then turn off the oven and let the meringue dry out a few hours
21. The meringue must be completely dried and at room temperature

Chocolate Coating

22. Additionally, I recommend to melt white chocolate and coat the meringue : the fat from the

THE PAVLOVA MERINGUE

chocolate will prevent the meringue to turn soggy when we add the jam confit and the cream