

# Pavlova

By Shannon Bennett

**4 hours**

Prep time

**1 hour 20 minutes**

Cooking time

**8**

Serves



## INGREDIENTS

### Mango gel

250 ml mango puree (Boiron)  
25 g caster sugar  
4 g agar agar  
1/4 teaspoon lemon juice

### Strawberry gel

250 g strawberry puree (Boiron)  
30 g caster sugar  
4 g agar agar  
1/4 teaspoon lemon juice

### Swiss meringue fresh / dehydrated

50 g egg white  
100 g caster sugar

### Whipped cream

500 g full cream  
100 g caster sugar

### Fresh passionfruit pulp

3 passionfruit

### Fresh strawberry rondelles

250 g strawberries

### Fresh kiwi fruit brunoise

3 kiwi fruit

### Blood peach sorbet

400 g blood peach puree (Boiron)  
80 g sugar  
80 ml water  
1/2 lemon, juiced

### Semi-dehydrated blueberries

2 punnets of blueberries

## **METHOD**

### **Mango gel**

1. In a heavy-based saucepan, on high heat, Induction setting 8-9, combine fruit puree, sugar and agar agar.
2. Whilst constantly whisking, bring the mixture to the boil. Reduce the heat to low, Induction setting 3, and cook for 4 minutes until very smooth.
3. Remove from heat and pour mixture onto a baking tray, allow the mix to set at room temperature for a minimum of 4 hours.
4. Once the gel has completely set, place into a food processor with the lemon juice and blitz until the mix becomes completely smooth. If the mixture is too thick to become completely smooth, adjust the consistency with a little water.
5. Place mix into piping bags and store in the fridge until needed.

### **Strawberry gel**

1. Follow same method as 'mango gel'.

### **Swiss meringue fresh / dehydrated**

1. Place all ingredients in the mixing bowl of an electric mixer, set the bowl over a saucepan of simmering water on medium heat, Induction setting 5-6. Making sure the water does not touch the base of the bowl, stir gently with a whisk until the temperature reaches 60°C with a digital food thermometer. The sugar will now be dissolved. Whisk again on high speed for 5 minutes until very white and glossy. Peaks will hold firm.
2. Place 2/3 of the mixture in a piping bag and set aside. Split the remaining 1/3 of the meringue evenly onto two baking trays lined with parchment paper. Spread the mixture with a palette knife to be an even flat meringue about 1.5 cm thick. Place in a pre-heated warming drawer (85°C) and cook for 1 hour or until firm to touch and cooked through. Remove from the drawer, cool and crush into a crumble, reserve in an airtight container.

### **Whipped cream**

1. Place cream and sugar in a mixer with a whisk attachment, whisk on medium speed until medium peaks form, reserve mix in piping bags, store in the refrigerator.

### **Fresh passionfruit pulp**

1. Cut the passionfruit in half and scrape the pulp from the inside of the passionfruit into an airtight container, reserve in the fridge.

### **Fresh strawberry rondelles**

1. Wash the strawberries, remove the stalk and cut each strawberry into 5-8 rounds (2 mm thick) depending on the size of the strawberry.

### **Fresh kiwi fruit brunoise**

1. Top and tail the kiwi fruits, then remove the remaining skin from the sides of the kiwi fruit, being careful to follow the contour of the fruit so as to minimize wastage.
2. Dice into 5 mm cubes.
3. Reserve in the fridge until needed.

### **Blood peach sorbet**

1. Combine sugar and water in a pan on high heat, Induction setting 8-9; bring to the boil stirring constantly. Add the fruit puree and a squeeze of lemon juice to taste. Test for balance, not too sweet, not too sour.
2. Freeze mixture in ice cube trays until solid.
3. Once completely frozen blitz the cubes in a strong blender or Thermomix until smooth. Place in a piping bag and pipe into ½ sphere moulds measuring 3 cm in diameter. Freeze until required.

### **Semi-dehydrated blueberries**

1. Place blueberries on a baking tray in the oven on shelf position 3.
2. Select Drying function, select 70°C-80°C for 4 hours.
3. Store in an airtight container until needed.

### **To serve**

1. Using a round bowl, pipe 5 small spheres of each of the mango gel, strawberry gel, whipped cream and Swiss meringue clustered together in the middle of the bowl, allowing for 5 more ½ spheres of blood peach sorbet to be placed amongst them.
2. Spoon three ½ teaspoon dollops of kiwi fruit around the plate.
3. Spoon passionfruit pulp around the entire plate over the pipes.
4. Fill in the gaps with blood peach sorbet.
5. Place 5 rondelles of strawberry resting up against and on the gel pipes.
6. Place 3 whipped cream pipes amongst the clusters.
7. Place 5 semi dried blueberries naturally over the dish.
8. Cover the dish with ½ cup of dehydrated Swiss meringue crumble.

### **Hints and tips**

- If unable to source Boiron fruit puree, any alternative fruit puree (fresh or frozen) is suitable.