

## Pavlova

3 ea.....Egg Whites  
½ c.....Caster Sugar  
1 tsp.....White Vinegar  
1 tsp.....Corn Starch  
2 tsp.....Vanilla Extract  
pinch.....Salt

1. Heat oven to 400°F.
2. Whip egg whites, adding sugar a little at a time, until stiff peaks form.
3. Fold in remaining ingredients.
4. Place dollops of the mixture on a cookie sheet with parchment paper.
5. Turn oven off and place cookie sheet in the oven for 40 minutes.
6. Top with fresh fruit and whipped cream.



Pav, as the Kiwis down under say, is a traditional New Zealand desert that was made back in the mid '20s for the ballerina Anna Pavlova. It has a light and dreamy texture that should have a crispy shell and a marshmellowy center. This recipe comes from my brother-in-laws mother via his sister, who are all from New Zealand. I thought this would make a nice desert for Valentine's day.

Some of the recipes I found used lemon juice but I found that it didn't come out as fluffy. Caster sugar is a fine granulated sugar. If you have a hard time finding it regular granulated sugar will do. Typical fruits used down under are kiwi fruit, strawberries, passion fruit and mangos. For a variation try folding in some cocoa powder at step 3.

Be creative, have fun and enjoy!!!