

Summer Pavlova with Ice Cream, Fresh Raspberries & Passionfruit



Recipe supplied by Ashley Alexander from [Gather & Feast](#) as part of the Guardian Feast App Sponsorship.

Ingredients

Pavlova

150ml Fresh, room-temperature egg whites (about 4-5 large eggs)

275g (1, 1/4 cups) Castor or Superfine Sugar

1 Teaspoon Fresh Lemon Juice (or Apple Cider Vinegar or White Vinegar)

Raspberry Sauce

250g Frozen Raspberries, thawed

2 Tablespoons Castor Sugar

1 Teaspoon Vanilla Bean Paste

Vanilla Sour Cream

300g Sour Cream, or Crème Fraîche

1 Tablespoon Castor Sugar
1 Teaspoon Vanilla Bean Paste

Toppings

1 Litre Vanilla Ice Cream or Gelato of your choice
4 Fresh Passionfruit
250g (2 Punnets) Fresh Raspberries

Method:

1. Pavlova
2. Pre-heat your oven to 160°C/320°F.
3. In a large clean bowl, whip the egg whites on medium speed using a stand mixer or hand beaters until soft peaks form (about 2-3 minutes).
4. Gradually add the sugar, 1 tablespoon at a time, while continuing to whip. Wait 20-30 seconds between each addition.
5. Once all the sugar is incorporated, continue whipping on medium speed for 6 minutes.
6. Add the lemon juice (or vinegar) and whip for an additional 3-4 minutes. The mixture should be thick and glossy. If you feel any grit when rubbing the mixture between your fingers, continue whipping for a few more minutes to dissolve the sugar completely.
7. Line a large baking tray with baking paper. Scoop the meringue into a large mound in the centre of the tray.
8. Shape the meringue into a round about 20cm in diameter, creating a slight dip in the centre to hold the toppings later. Use a spatula to create upward sweeping motions around the sides for a decorative effect.
9. Reduce the oven temperature to 110°C/230°F and bake the meringue for 1 hour and 30 minutes.
10. Turn off the oven and leave the meringue inside to cool completely (preferably overnight, or at least for 5 hours).
11. Store in the oven or transfer to an airtight container until you're ready to assemble.
12. Raspberry Sauce
13. Blend the thawed raspberries, sugar, and vanilla bean paste in a blender or with a stab mixer. Alternatively, mash them with a fork in a small bowl. Set aside.
14. Vanilla Sour Cream
15. In a medium-sized bowl, whisk together the sour cream, sugar, and vanilla bean paste by hand

until soft, firm peaks form. Avoid using electric beaters as they may over- whip the mixture.

Place in the fridge until needed.

16. Assembly