

**Tasting, Sampling and Sharing
with friends
WINTER PAVLOVA**



Ingredients (serves 6 – 8)

Meringue

3 Egg whites
2-3 teaspoon water
Pinch salt
1 ½ cups granulated or caster sugar

5-6 oz double cream
1 teaspoon vanilla essence
1 teaspoon vinegar
3 teaspoon cornflour

Grapes

½ - ¾ lb seedless grapes
1 level dessertspoon castor sugar
½ glass sherry or brandy

Method:

Preheat oven 200F (120c fan or circotherm)

Beat the egg whites, salt and a little water till thick, add the sugar and continue to beat well. Add the vanilla, vinegar and cornflour and continue to beat until stiff.

Wet greaseproof paper and place on a large pie dish – wet side up. Smooth the meringue mixture over the top forming into a circle. Bake for 1 ¼ hours.

When cooked carefully turn upside down on a plate and gently peel off paper.

Cut grapes and place in a basin, sprinkle over the sugar and sherry or brandy, leave for 1 hour stir occasionally. Strain the grapes and place the syrup in a bowl with cream and whisk until stiff.

Place the Pavlova on a serving dish, pile with cream and decorate with the grapes or other fruit.

Anne Baker 20th January 2015