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Exercise Sheet 5

Fill the gaps in the following recipe:

PAVLOVA

Ingredients:

for the meringue:

6 egg _____

1 pinch _____

340 g caster sugar

1 1/2 tspn vanilla essence

1/2 to 1 tbspn cornstarch

for the _____:

whipped cream

1 punnet _____

or:

1/2 cup _____ pulp

powdered sugar

Method:

_____ the egg whites with a _____ at maximum speed until they form peaks (a pinch of salt helps).

_____ the sugar and add 1–2 tbspn at a time to the egg whites while continuing to beat at maximum speed until no sugar remains. Check the _____ of the mixture between thumb and _____ – if it is still grainy, continue beating until the mixture is creamy and _____. Add the vanilla essence and the cornstarch and _____ in.



On a sheet of baking paper draw a circle of 18 cm diameter in pencil. Lay the baking paper upside down on an _____ baking tray. _____ the egg white and sugar mixture onto the circle, using a spatula to shape the meringue, building up the _____ so they are higher than the centre.

Place in the _____ part of the oven and bake at 130°C for 1 hour and 15 minutes or until the _____ of the meringue is firm. Turn off the oven and let the meringue _____ slowly in the oven until it reaches room temperature.

It is better to bake the meringue slowly at a _____ temperature than quickly at a _____ temperature. If it is baked too quickly, little pearls will form on the outside; if it is baked too slowly, _____ will leak from the underside.

It is a good idea to make the meringue several hours beforehand in case the first attempt is _____.

Just before serving, _____ the cream and spoon it onto the meringue, then decorate with the strawberries or passion-fruit. _____ some powdered sugar on top and the pavlova is complete.