



PAVLOVA

INGREDIENTS

GROUP 1: PAVLOVA MIX	40 GMS
WATER (COLD)	240 MLS
GROUP 2: CASTOR SUGAR	200 GMS
GROUP 3: CASTOR SUGAR	160 GMS

METHOD

1. Dissolve Pavlova Mix in cold water for 20 minutes.
2. Whisk at top speed for 5 mins.
3. Add Group 2 in a steady stream while whisking.
4. Whisk a further 30 seconds.
5. Add Group 3 in a steady stream while whisking.
6. Whisk a further 30 secs.
7. Create a cylinder 5 inches high, 10 inches diameter, using baking paper and pile pavlova mix into it.
8. Bake at 150°C for 40 -45 minutes with oven door open.

THIS IS ONLY A GUIDE.

PANTRYMAN