

Catherine's Individual Pavlovas with Passion Fruit Curd

Tastes Like Home with Catherine Fulvio

Serves 8

Ingredients

For the pavlovas

4 egg whites
250g caster sugar
1 tsp white wine vinegar
1 tsp cornflour

For the passionfruit curd

100g caster sugar
30g butter, diced
2 eggs, beaten
Pulp of 4 passion fruits
100ml lightly whipped cream
3 kiwi fruits, peeled and diced
16 seedless green seedless grapes, destalked
Pulp of 2 passion fruits
100g raspberries
Mint leaves, to decorate

Method

To prepare the pavlovas, preheat the oven to 120°C/fan 100°C/gas 1, whisk the egg whites until glossy, adding the sugar, spoonfuls at a time at maximum speed until thick and glossy. Mix the vinegar and cornflour together and fold into the meringue mixture. Line a baking tray with parchment and spoon the mixture into a piping bag with a nozzle. Pipe small pavlova shapes (8cm or 3 inches), leaving a slight indent on top for the cream and fruit to sit. Bake for 50 minutes, switch off the oven and leave over night to set.

To make a quick curd, place the sugar, butter, eggs and passion fruit pulp in a heavy-based saucepan and simmer over a moderately low heat, whisking until it is thick enough to hold a trail from the whisk. This will take about 10 minutes. You need to be whisking most of the time.

To assemble, arrange the pavlovas on a cake stand or pretty plate, fold the cream into the curd and spoon some onto each pavlova. Arrange the kiwi fruits, grapes, raspberries on top. Spoon over the passion fruit and decorate with mint leaves.