

Heart Pavlovas

Ingredients:

Egg Whites 4x

Caster Sugar 0.250Kg

White Wine Vinegar 1 tsp

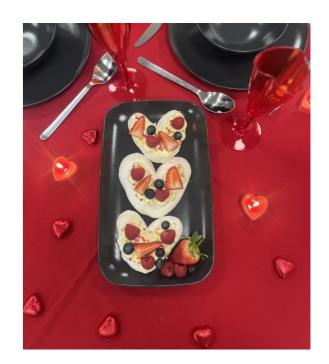
Cornflour 1 tsp

Vanilla Extract 1 tsp

Macphie Dessert Sauce 0.100Kg

Mactop Extra 0.250L

Berries



Method:

- 1. Preheat oven to 130°C (fan)
- 2. Whisk the egg whites, until they form stiff peaks, then whisk in 250g caster sugar, 1 tbsp at a time until glossy
- 3. Whisk in the white wine vinegar, cornflour and vanilla extract
- 4. Pipe into heart shape and create a small heart shaped crater in the middle
- 5. Bake for 15 minutes
- 6. Once baked, turn the oven off, open the oven door slightly and allow to cool for an hour in the oven
- 7. After an hour, take out of oven and squeeze Macphie dessert sauce into the crater that had been created
- 8. Whisk the Mactop extra and pipe onto over the dessert sauce
- 9. Decorate with berries and sprinkles