Pavlovas with Summer Berry Sauce

Description

Perfect for the upcoming Memorial Day weekend, the right colors too. It makes me sad that I forget about pavlovas, they are SO good, SO pretty and SO easy to make. They are just little clouds of goodness and make the perfect ending to any dinner.

If you have never had them, they are basically meringues made into a little bowl, that happen to look like a cloud. Perfect for dessert after a big heavy meal. They are so light and airy.

Summary

Yield: 8
Prep Time: 1 1/2 hours
Category: Desserts
Cuisine: American

Ingredients

- 3 egg whites room temperature
- 3/4 tsp cornstarch
- 3/4 cup sugar plus 1 TBsp divided
- 1/2 tsp vanilla
- 1/2 tsp distilled white vinegar
- 6 cup mixed berries - (any kind...strawberries, blueberries, raspberries, blackberries)
- 1 cup heavy whipping cream
- 1/4 cup powdered sugar

Instructions

Preheat oven to 250o F. Using a stand mixer (you can use a hand-held mixer but your arm will hurt) beat egg whites with cornstarch on medium speed until the mixture is foamy, about 1-2 minutes. Sprinkle in 3/4 cup sugar, a couple tablespoons at a time while beating the eggs. Beat the whites and sugar mixture until meringue holds stiff, about 15 minutes. Add vanilla and vinegar and beat 30 seconds more.

Line a baking sheet with waxed paper. Use a large serving spoon to drop meringue onto paper in 8 equal dollops, about 1-1/2" apart. Press back of spoon into dollops to make shallow bowls about 3" wide.

Bake meringues until a pale golden crust has formed (surface should not be sticky), 40 to 50 minutes. Let cool 5 minutes, then transfer to a rack to cool another 10 minutes.

Put berries in saucepan with 1 Tablespoon of sugar. (If your berries are not very sweet you can add more sugar to make them to your liking.) Simmer fruit, stirring gently until berries begin to break down, about 5-10 minutes. Let cool.

Whip cream with confectioners' sugar. Top each cooled meringue with whipped cream and then berries, dividing evenly.

Make ahead: Pavlovas, up to 1 week airtight at room temperature; sauce, up to 1 day ahead, chilled.