



CATEGORY

Patisserie



FINISHED PRODUCT

Dessert

PAVLOVA

OVERVIEW

Using Pettina Pavlova Mix, this is an egg white product for traditional pavlovas and lemon meringue pies.

INGREDIENTS

Group 1

Ingredient	KG
Pettina Pavlova Mix	0.120
Water	0.720
Total Weight:	0.840

Group 2

Ingredient	KG
Sugar	0.600
Total Weight:	0.600

Group 3

Ingredient	KG
Sugar	0.480
Total Weight:	0.480

METHOD

1. Dissolve PETTINA PAVLOVA MIX in cold water for 20 minutes.
2. Whisk on top speed for 5 minutes until full volume is attained.
3. Add Group 2 in a steady stream while whisking.
4. Whisk for a further 30 seconds.
5. Add Group 3 in a steady stream while whisking.
6. Whisk for a further 30 seconds.
7. Bake at 150°C for 40-45 minutes with damper open and door slightly ajar.

Directions for Shaping Pavlovas:

8. A rigid metal hoop of required dimensions e.g. 25 cm diameter and 4-5cm deep is helpful in forming the shape of a Pavlova.
9. Place hoop on baking tray, cover the bottom with a disk of Kraft brown paper and line sides with a paper ring stapled together. Deposit 480 g mixture into lined hoop and spread ensuring that the top is dome-shaped and that there are no air pockets left.
10. Remove metal hoop and repeat process.
11. After baking, turn Pavlova upside down and gently peel paper off the top.
12. After 5 minutes, gently remove paper from the sides.
13. When cool, dress with unsweetened pure cream, strawberries, passionfruit etc.