

# Fruit & Cream Pavlovas

Recipe By *Janie Chazanoff*



**Cooking and Prep:**  2  
h 20 m

**Serves:**  8

**Contains:** 

**Preference:** Parve

**Difficulty:** Medium

**Occasion:** Passover

**Diet:** Vegetarian, Pescetarian,

Gluten Free

**Source:** Whisk by Ami

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These pavlovas balance sweet with tart, crisp with creamy – and are totally irresistible.

## Ingredients (5)

### Main ingredients

- 8 egg whites, at room temperature
- 2 cups sugar
- 1 cup **Kineret Non-dairy Whipped Topping**
- 2 cups chopped kiwi or blueberries (chopped mango also works)
- 1/2 cup chopped pistachios

## Start Cooking

### Prepare Pavlovas

1. Preheat oven to 225°F. Line a baking sheet with Gefen Easy Baking Parchment Paper.
2. In the bowl of an electric mixer fitted with a whisk attachment, beat egg whites at high speed until frothy. Slowly add in sugar and beat until stiff peaks form (do not overbeat).
3. Fill a pastry bag (you can also make free-form pavlovas using a spoon) and form a disc on the prepared baking sheet. Then, pipe a second layer to form a wall around the edges (like a wide cup). Bake for 1 and 1/2 hours. Turn off oven, letting pavlovas remain in oven for 30 minutes.
4. In the bowl of an electric mixer, beat non-dairy topping until soft peaks form. Fill shells with whipped cream and top with kiwi, blueberries and/or mangos, and chopped pistachios.

#### Note:

The actual pavlova shells can be prepared in advance and stored in an airtight container. Store your cream and fruit toppings in separate containers and assemble as close to serving as possible. Don't refrigerate after filling.

If you don't use non-dairy whipped topping on Pesach, there are lots of filling options for these pavlovas. My first choice would be a lemon curd (made with egg yolks, sugar, and freshly squeezed lemon juice). You can also fill them with caramel or vanilla or chocolate pudding.

#### Tip:

For perfect pavlovas, make sure your bowl is perfectly clean and your beaters are dry. Choose two different colored fruits to top them. When adding the pistachios or other nuts, let some of the nuts scatter on the plate, around the pavlova.