

# Pavlovas

Recipe By Sarah Abitan



Cooking and Prep:  3 h

Serves:  6

Contains: 

Preference: Parve

For pastry cream or diplomat cream recipes, [click here!](#)

Difficulty: Easy

And watch Sarah create this masterpiece [here!](#)

Occasion: Passover

Diet: Vegetarian, Pescetarian,

Gluten Free

Source: Kosher.com

Exclusive

Cuisines: French

## Ingredients (4)

### Main ingredients

- 200 grams (6 and 3/4 ounces) egg whites (whites from about 7 extra-large eggs)
- 400 grams (14 ounces) sugar
- Pastry cream, whipped topping, or Diplomat cream (optional)
- Fresh fruit of choice to garnish

## Start Cooking

### Prepare the Pavlovas

1. Mix egg whites and sugar together until combined.
2. Place over a low flame or double boiler. Mix consistently until the mixture reaches 124 degrees Fahrenheit (62 degrees Celsius).
3. Pour into the bowl of a mixer, and beat using the whisk attachment until you reach stiff peaks and until the bowl of the mixer is no longer warm to the touch.
4. Using a piping bag, pipe either small meringues or a large flat spiral to create a pavlova.
5. Bake at 185 degrees Fahrenheit (85 degrees Celsius) for two and a half to three hours.
6. Once meringue is cooled, pipe whipped topping and **Diplomat Cream** over the top to decorate.
7. Top with fruits of choice and small meringues.