

DECONSTRUCTED PAVLOVA, CHOCOLATE MOUSSE & BERRIES



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- Sub Category Name

Food

Desserts

- Recipe Source Name

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Ingredients

DECONSTRUCTED PAVLOVA, CHOCOLATE MOUSSE & BERRIES

- 4 large eggs
- 115g castor sugar
- 115g icing sugar
- Pinch of Salt
- 1 cup cream
- 3 tbsp caster sugar
- 1 vanilla bean
- 525g dark chocolate
- 50g extra virgin olive oil
- 175g thickened cream



Methods and Directions

DECONSTRUCTED PAVLOVA, CHOCOLATE MOUSSE & BERRIES

Pavlova Meringue

- Preheat oven to 120C. Using a electric mixer, whisk 4 large egg whites on a low speed for 1 minute, then increase the speed to medium and whisk for another 2-3 minutes or until the egg whites form stiff peaks.
- Whilst continuing to whisk, add sugar and icing sugar, a tablespoon at a time, until the mix is stiff and glossy.
- Shape the meringue on a lined baking tray and bake for 20 minutes, or until the meringues are pale and dry.

Crème Patisserie

- Whisk 4 large egg yolks & sugar together. Boil $\frac{3}{4}$ cup cream over a medium heat and add egg/sugar mix.
- Once free of lumps, warm the other $\frac{1}{4}$ cup of cream and when it begins to boil, add it to the egg mix and stir well.
- Return all to saucepan and place over high heat. Cook until thickened (about 1 min).
- Reduce heat to medium and whisk until cream becomes shiny. Transfer to a bowl and add vanilla.
- Place plastic wrap over surface and allow to cool.

Choc Mousse

- Melt 125g chocolate in a bain-marie and slowly add oil.
- Whip thickened cream and combine with chocolate once it has reached 55C. Refrigerate.

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