

## Aussie Pavlova



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- Sub Category Name

Food

Sweets

- Recipe Source Name

Real High Tea Web Site

### Ingredients

#### Almond Rochers

- 250g almond flakes
- 200g white chocolate
- 50g demerara sugar
- 30ml cocoa butter, gently warmed
- 20ml almond tea syrup

#### Almond Meringue

- 6 Egg Whites
- 350g castor sugar
- 160g almonds
- 1 lemon, zested

### Methods and Directions

#### Almond Rochers

- Preheat the oven to 180C. Toss the almonds with the Almond Tea Syrup mix to ensure the almonds are coated. Scatter on a baking sheet lined and toast for 5 to 10 minutes, turning at least twice, until golden. Let cool, moving them every 2 minutes so they don't stick together.
- Put the chocolate into a heatproof bowl and place over a pan one-third filled with hot water at 50-60C. Melt over gentle heat making sure the temperature of the chocolate doesn't exceed 50C.
- In another bowl mix about 1/3 of the almonds with 1/3 of the warmed cocoa butter until the



almonds are nicely glossy. Pour 1/3 of the melted chocolate over the almonds and mix gently until evenly coated.

- Drop a dessert spoonful of the mixture onto a sheet of baking paper. to form a little mound. Shape the rest of the mixture in this way. working quickly and leaving (2-3cm) between each rochers. Repeat to mix and shape the rest of the rochers in 2 batches. Leave in a cool but not humid place, until set for about 15 to 20 minutes. Store in airtight containers interleaved with waxed paper, in the refrigerator until ready to use.

### **Almond Meringue**

- Using an electric mixer whisk egg whites with a pinch of salt until frothy. With the mixer, add the sugar, 1 tbsp. at a time, until dissolved and mixture is thick and glossy. Fold through almonds and lemon zest until just combined.
- Preheat oven to 100C. Lightly brush an oven tray with water, then line with baking paper.
- Pour mixture into piping bag and pipe out into a meringue shape. Continue until all mixture is used leaving 1 cm between each meringue.
- Bake meringues for 2 hours or until crunchy on the outside but slightly soft inside. Cool in the oven with the door slightly ajar. Store in an airtight container for up to 2 weeks.