

TEA-INSPIRED AUSSIE PAV



0 made it | 0 reviews



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An almond tea Pavlova made all the more flavoursome with crème pâtissière tea, tea sauce and almond rochers finally topped with blueberries, cherries, edible flowers and almond flakes.

- Sub Category Name
Food
Desserts
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

TEA-INSPIRED AUSSIE PAV

- 250g Almond Flakes
- 10 Cherries
- 2pnt. Blueberries
- Edible Flowers

Almond Syrup

- 220ml Water
- 100g Sugar
- 20g Almond Tea

Tea Sauce

- 40g Butter



- 80g Slivered Almonds
- 230g Heavy Whipping Cream
- 360g White Chocolate
- 10g Amaretto
- 1 Pinch Salt

Crème Pâtisserie Tea

- 435ml Milk
- 220g Tea
- 1 Vanilla Bean, seeded
- 3 Egg Yolks
- 70g Sugar
- 40g Plain Flour, sifted

Almond Rochers

- 250g Almond Flakes
- 200g White Chocolate
- 50g Demerara Sugar
- 30ml Coco Butter, gently warmed
- 20ml Almond Syrup

Almond Meringue

- 6 Egg Whites
- 350g Castor Sugar
- 160g Almonds
- 1 Lemon, zest grated

Methods and Directions

TEA-INSPIRED AUSSIE PAV

- Heat butter and almonds in saucepan over medium heat for 4-6 minutes, stirring frequently, until almonds are medium brown, remove from heat.
- Stir in whipping cream until well blended (mix with spatula).
- Stir in white chocolate.
- Heat over low heat, stirring frequently, until chocolate is melted.
- Stir in amaretto and salt.

Almond Syrup

- Cold brew almond tea for 2 hours in the fridge. Remove and strain. Reduce tea with sugar until it



changes colour.

Crème Pâtisserie Tea

- Warm milk, tea and vanilla seeds in saucepan. Whisk egg yolks and sugar in bowl until thick. Whisk flour, then add milk mixture. Return to pan and cook, whisk over low heat until it thickens. Cover and chill.

Almond Rochers

- Preheat the oven to 180°C. 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 50-60°C. Melt over gentle heat, making sure the temperature of the chocolate doesn't exceed 50°C.

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 100°C. 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 1cm 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.

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