



Food For Thought Recipe and Allergen Card

Fresh Fruit Pavlova

100 Portions

Ingredient	Hannah Product Code	Quantity
Egg Whites	C000350	12
Caster Sugar	D001148	750g
Cornflour	D002188	3 tsp
Vanilla Extract	B000100	3 tsp
Vinegar	D001481	3 tsp
Double Cream		500ml
Fresh Fruit		

RECIPE METHOD – ALLERGENS

1. Separate egg yolks from the whites carefully
2. In a planetary mixer with the balloon whisk attached whisk the egg whites until *stiff peaks* are formed
3. Add the sugar one tablespoon at a time until smooth and glossy
4. Add the cornflour, vinegar and vanilla and mix well
5. Line two gastronorm with parchment paper (use a little of the mixture underneath to stop it sliding around)
6. Spread the mixture evenly across the two trays leaving the edges higher than the middle to create a little well
7. Cook in the oven at 150 °C for one hour
8. Turn off the oven and leave the door shut overnight to allow to dry out
9. Whip the cream until dropping consistency
10. Spread the cream on top of the cooked meringue
11. Decorate generously with fresh fruit

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : Wheat
Rye
Barley
Oats
Spelt
Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...