

Fresh Ideas featuring:



FRESH PEACH AND CHERRY PAVLOVAS

3 large egg whites (about 1/2 cup)
1/4 tsp. cream of tartar
1/8 tsp. salt
1/2 tsp. almond extract
2/3 cup sugar
1 cup white chocolate baking chips, divided
18 Chilean cherries with stems (about 6 ounces), pitted
3 Tbs. plus 1/2 cup heavy cream
4 ripe, fresh Chilean peaches (about 1 pound), pitted and sliced
peach preserves
1 Tbs. orange juice or rum



Preheat oven to 200°F.

To make 6 individual Pavlovas (meringues), line 2 baking sheets with foil or parchment paper. In a bowl of an electric mixer, combine egg whites, cream of tartar, salt and almond extract; beat until soft peaks form. Gradually beat in sugar; beat until whites are stiff and glossy peaks form, about 5 minutes. With a spoon, spread meringue into 6 (4-inch) circles on baking sheets. With the back of a spoon, make a depression in the center of each meringue to form a “nest” with about a 1-inch high edge. If desired, a pastry bag may be used to pipe meringues. Bake for 2 hours; turn off oven and leave meringues in oven until dry, about 1 hour.

Meanwhile, melt 1/2 cup of the chips following package directions. Dip cherries halfway into chocolate; place on an aluminum-foil lined pan; refrigerate until ready to use. In a microwave, melt remaining 1/2 cup chips with 3 Tbs. cream; mix well; cool. In a medium bowl, beat remaining 1/2 cup cream until soft peaks form. Gently fold in melted chip and cream mixture.

Remove Pavlovas from foil. Divide cream mixture equally among Pavlovas; arrange peaches over cream.

Melt and strain enough preserves to make 1/4 cup; stir in orange juice; brush over peaches. Serve with white chocolate-dipped cherries. If desired, serve with additional strained peach preserves.

Makes 6 portions

Note: To make one large Pavlova, line 1 baking sheet with foil or parchment. Spread meringue into a 9-inch circle.



Chilean Fresh Fruit Association
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