

Foodnity Recipes

Summer Berry Pavlova

A crisp meringue base layered with whipped cream and a bounty of summer berries, perfect for warm evenings.

20 min Prep time	**1 h** Cook time	**1 h 20 min** Total time
6 Servings	**Easy** Difficulty	**Australian** Cuisine

Ingredients

Meringue

- [ ] 4 large egg whites, at room temperature
- [ ] 1 cup caster sugar
- [ ] 2 tsp cornstarch
- [ ] 1 tsp white vinegar
- [ ] Zest of 1 lemon

Topping

- [ ] 1 cup heavy cream
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 2 cups mixed summer berries (strawberries, blueberries, raspberries, blackberries)
- [ ] Optional: drizzle of honey

Instructions

1. Preheat the oven to 250°F (120°C). Line a baking sheet with parchment paper and draw a 9-inch circle as a guide.
2. In a clean, dry bowl, whisk the egg whites until soft peaks form. Gradually add the caster sugar, one tablespoon at a time, whisking until stiff, glossy peaks appear.
3. Fold in the cornstarch, white vinegar, lemon zest, and a pinch of salt using a gentle motion. The mixture should stay glossy.
4. Spoon the meringue onto the drawn circle, shaping it with a slight well in the center. Smooth the edges with a spatula.
5. Bake for 1 hour, then turn off the oven and let the meringue cool inside with the door ajar.
6. While the meringue cools, whip the heavy cream with powdered sugar and vanilla until soft peaks form.
7. Once cooled, spread the whipped cream inside the well, then scatter the fresh berries on top, adding a drizzle of honey if desired.
8. Serve immediately, or keep the meringue and topping separate until ready to enjoy.

Nutrition per serving

340 kcal	6 g	45 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the mixing bowl has no grease; even a tiny amount can prevent the whites from whipping fully.
- If you prefer a sweeter meringue, add an extra tablespoon of sugar, but be careful not to over-sweeten.
- For extra texture, you can crumble a few mini meringues over the top.