

FRESH MANGO, COCONUT AND LIME PAVLOVA

Coconut meringue layers with red swirls for red nose day. With fresh cream with lime curd, topped with mango, toasted coconut curls and lime zest. Presented with a fairtrade rose for decoration



TIME:

3 hours

INGREDIENTS:

6 LARGE ROOM TEMPERATURE FREE-RANGE EGGS
300G WHITE CASTER SUGAR
3 TSP CORNFLOUR
3 TSP WHITE WINE VINEGAR
100G DESICCATED COCONUT
PINCH OF SALT
PINK FAIR TRADE LONG-STEMMED ROSE
600ML DOUBLE CREAM
120G GOLDEN CASTER SUGAR
30G UNSALTED BUTTER
2 EGGS [OR YOU CAN USE 3 YOLKS FROM THE SEPARATED EGGS USED FOR THE MERINGUE]
JUICE OF TWO LIMES
PLUS FRESHED GRATED ZEST OF ONE LIME
750G FRESH, RIPE CHOPPED MANGOES (ABOUT 6-7 MANGOES)
ZEST OF TWO LIMES (USING ROUGH ZESTER)
LITTLE FLAKED COCONUT CURLS (TO BE TOASTED)

METHOD:

1. PREHEAT THE OVEN TO 140C/GAS 1.
2. DRAW TWO 22CM CIRCLES AND ONE 20CM CIRCLE ON GREASEPROOF PAPER AND PLACE ONTO THREE SEPARATE BAKING TRAYS (CAN 'GLUE' DOWN THE GREASEPROOF PAPER WITH BIT OF MERINGUE LATER)
3. MIX UP CORNFLOUR AND VINEGAR IN A SMALL BOWL USING A TEASPOON.
4. WEIGH OUT SUGAR IN MEDIUM SIZED BOWL.
5. SEPARATE THE EGG SO THAT EGG WHITES LAND IN THE CLEAN DRY KITCHEN AID BOWL. ADD PINCH OF SALT TO THE EGGS.
6. WHISK THE EGG WHITES AND SALT UNTIL THEY FORM SOFT PEAKS WHEN THE WHISK IS REMOVED.
7. SLOWLY WHISK IN THE SUGAR A FEW SPOONFULS AT A TIME, ALTERNATING WITH THE CORNFLOUR MIXTURE AND CONTINUE TO WHISK UNTIL THE EGG WHITES ARE STIFF AND GLOSSY.
8. STIR IN DESICCATED COCONUT USING LARGE METAL SPOON.
9. SPOON OUT THE MIXTURE ONTO EACH OF THE 22CM/20CM CIRCLES (USING SLIGHTLY LESS MIXTURE ON TO THE SMALLER CIRCLE). SPREAD OUT TO MEET THE PENCILLED SHAPES. KEEP AS EVEN AS POSSIBLE.
10. ADD COLOUR USING A COCKTAIL STICK OR LOLLIPOP STICK – SWIRL IN COLOUR AROUND THE EDGE OF THE THREE LAYERS.
11. REDUCE THE OVEN TO 140C/275F/GAS 1 AND BAKE THE MERINGUES FOR 1-1¼ HOURS, OR UNTIL THE MERINGUE IS CRISP OUTSIDE, BUT FEELS SOFT YET SET INSIDE. (IF DIFFERENT MERINGUES ARE NOT COOKING EVENLY, SWAP THE SHELVES.)
12. SWITCH OFF THE OVEN AND LEAVE THE MERINGUE TO COOL DOWN IN THE OVEN AS LONG AS TIME ALLOWS (EEK!).
13. WHILE MERINGUES ARE COOKING PREPARE THE LIME CURD. HEAT SUGAR, BUTTER, LIME JUICE AND ZEST, AND LIGHTLY BEATEN EGGS TOGETHER IN A SAUCEPAN. WHISK OFTEN UNTIL IT IS THICK – TAKES 15 MINS.
14. CHOP THE MANGO, ADD TO A BOWL, AND COVER WITH CLING FILM.
15. TOAST THE COCONUT CURLS.
16. WHISK CREAM TO A THICK CONSISTENCY.
17. SET OUT THE MERINGUES, CREAM, LIME CURD, MANGO, LIMES, COCONUT CURLS READY TO MAKE UP THE PAVLOVA.

- 19. SPREAD JUST OVER A THIRD OF THE CREAM OVER ONE OF THE LARGER MERINGUE BASE, SWIRL IN LIME CURD, AND SCATTER OVER ONE THIRD OF THE MANGO.**
- 20. SPREAD JUST OVER A THIRD OF THE CREAM OVER A SECOND 22CM MERINGUE BASE AND PLACE ON TOP OF FIRST MERINGUE BASE. SWIRL IN LIME CURED AND ADD SECOND THIRD OF THE MANGO.**
- 21. ADD REST OF CREAM TO SMALLER MERINGUE BASE AND PLACE ON TOP OF THE OTHER TWO. SWIRL IN LAST OF THE LIME CURD, ADD CUT ONE FRESH MANGO TO ADD ON TOP.**
- 22. DECORATE WITH TOASTED COCONUT CURLS AND FRESHLY GRATED LIME ZEST.**
- 23. ADD THE PINK ROSE ALONGSIDE TO FINISH.**