

## Individual Raspberry Pavlovas

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Serves 4 - 8

### Ingredients

meringue

4 egg whites, at room temperature

a pinch of salt

seeds of one vanilla bean

1 cup sugar

1 tsp. lemon juice

2 tsp. cornstarch, sifted

raspberry sauce

3 small containers of fresh raspberries, about 18 ounces (set aside some of the berries to garnish your pavlovas)

1/3 cup sugar

1 Tbsp Amaretto (optional, use water instead)

whipped cream

1 cup cold heavy cream

3 Tbsp. confectioner's sugar, sifted

garnish

reserved whole berries

mint leaves

confectioner's sugar

Preheat the oven to 250F (an oven thermometer is a great tool to have in case your oven is not calibrated correctly) Line a baking sheet with parchment paper.

Add the egg whites to the bowl of a stand mixer and beat until foamy. With the mixer going, add the salt and vanilla beans and then slowly add the sugar. Let the mixer go on high until the whites are stiff and glossy.

Fold in the lemon juice and cornstarch.

Spoon the meringue into 4 equal circles on the baking sheet. Use the back of a spoon to make a concave dip in the center of each, where the whipped cream will go later. (You can make 8 smaller meringues if you like.)

Bake the meringues for 90 minutes, and don't disturb while baking. Then turn the oven off and crack the oven door open and leave them in the oven for another hour.

## GUASTELLO'S VILLAGE MARKET

To make the raspberry sauce put the berries in a saucepan with the sugar and the Amaretto or water and heat, stirring, until the raspberries break down and get soft.

Use an immersion blender or a small food processor to puree the sauce. You can strain out the seeds if you like, pushing the sauce through a mesh sieve to get as much of the sauce through as possible, while leaving the seeds behind. I strained half the sauce so that I still had some seeds remaining. Set aside.

Note: you can also leave the raspberry sauce chunky and skip the blending entirely.  
Whip the cream with the sugar until soft peaks form.

Assemble the pavlovas just before serving ~ put a nice dollop of whipped cream in the center of each meringue. Drizzle generously with raspberry sauce, then top with a few whole berries and mint leaves.

Dust with powdered sugar and serve.

### ***Cook's Note:***

Avoid making meringue in very humid weather because it can go soft.

Use room temperature egg whites, they whip better than cold.

No yolks in your whites, please! Any grease, oil, or bit of yolk will prevent the whites from whipping to the max. Use a squeaky-clean bowl and beaters, too.

The little bit of lemon juice and cornstarch help to stabilize the meringue.

Low slow baking is key, so make sure your oven is at 250F. I keep an oven thermometer hanging from my oven rack, so I always know the actual temperature in my oven.

### ***Make it your own:***

Make it with other berries. Even though I like raspberries best, I can't think of a berry that wouldn't work with this pavlova.

Make it with frozen berries. No need to thaw before using.

Make it ahead. As long as the weather is not super humid, make the meringues and store loosely covered at room temperature for up to 3 days. The raspberry sauce can be made and refrigerated for up to 3 days. Whip the cream and assemble just before serving.

***Credit: [theviewfromgreatisland.com](http://theviewfromgreatisland.com)***