

PAVLOVA

3 egg whites
3 tbsp cold water
1 cup caster sugar (extra fine)
1 tsp vinegar
1 tsp vanilla essence
3 tsp cornflour (cornstarch)

Beat egg whites until stiff, add cold water and beat again. Add caster sugar very gradually while still beating. Slow beater and add vinegar, vanilla and cornflour. Place on greased paper on oven tray and bake at 150°C (300°F) for 45 minutes, then leave to cool in oven. Once cooled cover in whipped cream and fruit of your choice.

