



Pavlova

WINE PAIRING: Extra Brut NV



Pavlova

Recipe exclusively developed for H.J.W. Vineyards by Maggie Ruggiero.

Photo by Paul Brissman

Serves 8-10

225g egg whites (about 6-7 large eggs, weighing is important)	1 cup heavy cream
330g (1½ cups) superfine sugar (caster sugar)	½ cup mascarpone, softened
1 tbsp cornstarch	1 tsp vanilla extract
1½ tsp distilled white vinegar	¾ lb mixed berries or pitted stone fruits of choice
	2 tbsp chopped pistachios

Preheat oven to 300°F with a rack in the center position.

Beat egg whites in a stand mixer using the whisk on medium speed for one minute. Increase to medium-high and beat until soft peaks form.

While continuing to beat, gradually add the sugar, 1 tbsp at a time every 30 seconds. Once all the sugar is incorporated, scrape down the sides and beat another 10 to 15 minutes until glossy, stiff and all sugar is dissolved; meringue should not feel grainy.

Stir the cornstarch and vinegar in a small bowl until smooth. Add to the meringue and beat 1 minute longer.

Trace an 8 in circle onto parchment paper. Dab a tiny bit of meringue onto the corners of a large baking sheet then place the parchment, tracing side down. Scoop the remaining meringue onto circle and shape it into a generous mound leaving a shallow nest in the center.

Just before baking, turn temperature down to 250°F. Bake 1 hour.

Without opening the oven, turn the oven off with the meringue inside and leave it cool completely, at least 6 hours.

In a mixing bowl, whip the cream with vanilla until gentle peaks form. Gently fold in the mascarpone. Spoon the mascarpone cream into the nest and top with berries and a sprinkling of pistachios. Serve with additional berries.

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Hermann J. Wiener
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