

PARKLANDS FOOD FEST

PAVLOVA ROULADE

Serves 8

ANNA POLYVIOPUNK



INGREDIENTS

Meringue

- 6 egg whites, at room temperature
- 220g (1 cup) caster sugar, plus extra, for sprinkling
- 1 tsp cornflour (cornstarch)
- 1 tsp vanilla bean paste

Mango Crème Pâtissiere

- 100ml mango purée (see glossary)
- 100ml milk
- 1/2 vanilla bean, split and seeds scraped
- 3 egg yolks
- 1 tbsp custard powder
- 50g caster (superfine) sugar
- 150ml pure (pouring) cream (35% fat), whipped

Garnish

- 1 pineapple, cut into 1 cm cubes
- 1 mango, peeled, deseeded and thinly sliced
- 4 passionfruit
- 1 handful of baby coriander (cilantro)
- 100g mango pearls (see glossary)

When the master pâtissier Christophe Michalak came into my pastry kitchen on a promotional tour of Australia, he said the one thing he wanted to try was a pavlova. I quickly whipped up my all-time favourite recipe and sent it to his room. He requested the recipe for his book, which I bought just to see my name in it. He's a good looker and super-talented too.

METHOD

Preheat the oven to 160°C. Line a 30 cm square baking tray with baking paper and spray with cooking spray or oil.

In the clean bowl of an electric mixer fitted with the whisk attachment, whisk the egg whites for 2 – 3 minutes to soft peaks. Reduce speed to low, then gradually add the caster sugar and cornflour together until combined, then gradually add the vanilla paste. The meringue should be thick and glossy.

Spread the meringue evenly over the baking paper, taking it right to the edges. Bake for 15 minutes or until a light golden colour. Don't open the door while cooking. Sprinkle the extra caster sugar over a fresh sheet of baking paper on a flat surface. Turn the cooked meringue onto the sugar-dusted paper. Flip the paper over onto a clean tray and gently peel the baking paper away. Cool at room temperature.*

To make the mango creme patissiere, put the mango puree, milk and vanilla seeds into a medium saucepan over medium – low heat and bring just to the boil. Remove from the heat.

Meanwhile, whisk the egg yolks, custard powder and sugar in a medium bowl until thick and pale. Gradually whisk a little of the hot liquid into the egg mixture. Return the saucepan to the heat and bring to the boil. Add the egg mixture to the remaining hot milk mixture, whisking constantly over medium heat until the custard comes to the boil.

Remove from the heat and transfer to a bowl, lay plastic wrap on the surface of the creme patissiere to prevent a skin forming. When the creme has cooled to 28°C or just above room temperature before using.

When ready to assemble, whisk the crème patissiere and gently add in the whipped cream to lighten. Use a spatula to spread the custard evenly over the meringue. Gently roll the meringue, starting from one edge, to form a tight roll. Transfer to a platter and chill until ready to serve. Just before serving, garnish the roulade with the tropical fruit and the mango pearls for that extra pop in the mouth. Scatter with baby coriander.

*Make the meringue sheet in advance and store in a dry, cool area, wrapped in plastic wrap, for up to 24 hours. Make sure you remove the meringue from the baking paper as soon as you've sugared it, otherwise it will stick.

FROM GLOSSARY

Mango pearls: Mango-flavoured jelly (gelatine) balls: purchase these from bubble tea shops.

Purée: To make fruit purée, simply process peeled and deseeded fruit in a blender or food processor until smooth or press it through a sieve. Store the purée in an airtight container in the refrigerator or freezer until it is needed.

