

PREPARATION: 40 MINUTES

COOKING: 90 MINUTES

8 SERVINGS



PAVLOVA

INGREDIENTS

Meringue

*4 egg whites**

½ teaspoon cream of tartar

1 cup sugar

2 teaspoons corn starch

1 teaspoon white wine vinegar

½ teaspoon vanilla extract

Whipped cream

1 cup whipping cream (35%)

1 tablespoon sugar

½ teaspoon vanilla extract

Garnish

1 cup strawberries, sliced

2 teaspoons lemon zest

*Use pasteurized liquid egg whites if you want to avoid leftover yolks.

PREPARATION

- 1 Preheat oven to 225°F. Place oven rack in middle position.
- 2 On a piece of parchment paper, draw a circle of 8 inches diameter. Turn the paper upside down and place it on a baking sheet.
- 3 In a large bowl, beat the egg whites and cream of tartar with a mixer at high speed until soft peaks form. Slowly add the sugar, 2 tablespoons at a time. Beat for about 30 seconds after each sugar addition so the sugar can dissolve. Continue beating for another 10 minutes while scraping the wall of the bowl, until the egg whites are fluffy and shiny.
- 4 In a small bowl, combine corn starch and vinegar. Add the cornstarch mix and the vanilla extract to the bowl with the meringue. Mix briefly to incorporate.
- 5 Deposit the meringue mix within the circle on the parchment paper. Even the sides with a spatula to form a round cake.
- 6 Bake for 90 minute or until the meringue is dry and firm. Turn off the heat and let the meringue cool with oven door ajar. When meringue has cooled, remove from oven and carefully separate the parchment paper from the bottom of the meringue by using a knife, if necessary. Place the meringue on a plate.
- 7 In a bowl, whip the cream at high speed until soft peaks form. Add sugar and vanilla extract and beat until firm peaks form.
- 8 Decorate the meringue with the whipped cream, add the strawberries and lemon zest.

Nutrient Analysis

PER SERVING:

1/8 of recipe

RENAL EXCHANGE:

1 Starch + 1 Fruit

| | |
|---------------|---------|
| Calories | 232Kcal |
| Protein | 2g |
| Carbohydrates | 32g |
| Fibre | 0.5g |
| Total Fat | 11g |
| Saturated Fat | 7g |
| Cholesterol | 40mg |
| Sodium | 39mg |
| Potassium | 112mg |
| Phosphorus | 27mg |