



## OLYMPICS 2024

### Meringue (Pavlova) with forest fruits



#### Ingredients and supplies:

- 4 egg-whites
- 200 grams granulated sugar
- green lime zest from 1 lime (organic)
- baking paper

#### For the filling/topping:

- 250 ml heavy cream
- granulated sugar
- 1 vanilla pod
- 100 grams raspberries
- 100 grams blackberries
- 100 grams strawberries
- dark chocolate to temper  
(for ex. Callebaut or a bar of chocolate)

Preheat your oven to 110 degrees Celsius / 230 Fahrenheit

Pour the eggwhites in a clean bowl and whisk these on medium level until they are stiffly. The eggwhites are ready to use when you turn the bowl upside down and the substance remains in the bowl.

Now you can add the sugar and mix this on the highest level for aprox. 7 minutes. Take a small sample of this silky mixture and place this between your thumb and your index finger and rub the mixture, if it is correctly whisked you should not feel any cristal residu. If so, you need to whisk it a little longer and test the mixture again.

Grate the polished lime and add this carefully as tastefully desired to the mixture. Scoop 2 circles of aprox. 20 cm on to the baking paper and place the baking tray for about 1 to 1,5 hours in the preheated oven until the merengue is baked dry. Let the circles cool off. The meringue can be prepared a day prior.

Whisk the heavy cream with the sugar and the vanilla pods and scoop a thick layer on one of the meringue-circles. Place the other circle on top and scoop the remaining whipped cream on top. Cover the top with the clean forest fruits. Temper some of the pure chocolate with the au-bain-marie method and drizzle this with finesse over the meringue.

Cut the meringue in slices. Serving tip: a glass of sweet dessert wine tastes great with this dessert.

**BON APPÉTIT!**