



Winter Citrus Pavlova & Rose Water Chantilly Cream



Recipe Yields 8 servings

Pavlova:

3 egg whites
1 cup granulated sugar
1 Tbs cornstarch
1 tsp vinegar
½ tsp vanilla extract

Cardamom Soaked Winter Citrus:

1 cup sugar
1 cup water
1Tbs cardamom seeds
1 grapefruit segmented
2 blood oranges
2 cara cara oranges

Rose Water Chantilly Cream:

2 cups heavy whipping
cream
1/3 cup confectioners'
sugar
1 Tbs rose water
½ cup crushed pistachios
*1-quart pistachio Ice
cream (optional)

Instructions: pre-heat oven to 325 degrees

1. Sift together sugar and cornstarch in a bowl and set aside.
2. Place chilled egg whites in a stand mixer with whisk attachment. Mix on high speed until white and frothy, about 3-5 minutes. Begin adding the sugar 1 Tbs at a time while mixer is on high speed.
3. Add vinegar and vanilla extract and continue mixing for several minutes until whites have doubled in size and sugar granules appears dissolved.

4. On a parchment covered baking pan, spoon meringue into eight mounds, flattening the tops with the back of the spoon. This flattening will allow you to layer the cream and fruit on to the pavlovas after they are baked.
5. Bake in oven at 325 for 30 minutes. After 30 minutes, turn oven off and leave the pavlovas in the oven for an additional 20- 30 minutes.
6. While the pavlovas are in the oven you can make the cardamom syrup and rose water cream. Place the heavy cream, confectioners' sugar, and rose water in the bowl of a stand mixer with a whisk attachment. You can whisk on medium speed for 3-5 minutes until medium peaks form. Cream should be light and fluffy but not too stiff. Place in fridge to cool.
7. To make the cardamom citrus, place the sugar, water and cardamom in a pot on medium heat. Bring to a boil and remove from heat. Once cooled you can add the citrus segments to the syrup and place in fridge
8. You can test to make sure the pavlovas are done by feeling the crispy exterior and running an off-set spatula under the bottom. They should come away from the parchment easily. Remove from oven and let cool for at least one hour.
9. Assemble the pavlovas by spoon a large dollop of rose water cream on the center of the pavlova. Use the back of the spoon to make a concave center to hold the citrus. Place about 5 segments in the center of the cream. Garnish with crushed pistachios and/or a scoop of pistachio gelato.