



TROPICAL PAVLOVA CAKES



INGREDIENTS FOR 6 PIECES

- 50g Cavendish & Harvey Double Fruit Drops
Grapefruit Pineapple
- 3 egg whites
- 1 pinch of salt
- 140g fine baking sugar
- 1 squeeze of lemon juice
- 250g mascarpone
- 150g crème fraîche
- 70g powdered sugar
- 200ml whipped cream
- 1 fresh grapefruit
- 150g fresh pineapple
- 3 tbsp yellow fruit jam, pineapple, mango....
- mint

PREPARATION CANDY BLOSSOMS

- Coarsely crush 50g Cavendish & Harvey sweets in a blender or in a bag with a rolling pin.
- Line a baking tray with baking paper, oil several metal cookie cutters (e.g., flower shape) well and place on the baking paper. Sprinkle the candy crumbs into the moulds and heat at 140 °C top and bottom heat for a few minutes until the mixture has melted.
- Remove from the oven and leave to cool briefly. There is a sweet spot where the candy mixture is already firm enough to keep its shape, but where you can still squeeze it out of the moulds (wear gloves, if necessary, if still too warm). It will not work well once it has cooled down completely. If a few flowers get broken, no problem, we need splinters anyway!
- Alternatively, you can let the candy melt flat on the baking paper and then cut it out when it is tough. Just experiment a bit and find out what works best for you.



PREPARATION PAVLOVA CUPCAKES

- For the meringue, beat 3 egg whites in a fat-free bowl with a pinch of salt for about 2 minutes until stiff.
- Then slowly sift in 140g fine baking sugar, continuing to beat until the mixture pulls tough peaks and is glossy - this will take about another 3 minutes. Season with a squeeze of lemon juice.
- Put the mixture into a piping bag and pipe 6 nests onto a baking tray lined with baking paper. Dry in the oven at 100 °C for approx. 120 minutes.
- Mix 250g mascarpone with 100g crème fraîche and 70g powdered sugar until creamy. Whip 200ml cream until stiff and fold in.
- Pipe the cream onto the cooled meringue nests.
- Cut the pineapple and grapefruit into pieces.
- Briefly marinate 3 tbsp yellow fruit jam and place on

Recipe by Vera Wohleben www.nicestthings.com