



volkan/AdobeStock

STRAWBERRY PAVLOVA

This delicious dessert originated* in either* Australia or New Zealand. It is very popular in both* countries!

INGREDIENTS

- 3 large egg* whites
- 175g caster* sugar
- 1 teaspoon* cornflour*
- 1 teaspoon white* wine vinegar
- 300ml whipped* cream
- 225g strawberries
- 1 baking* sheet
- 1 electric* mixer

METHOD*

- 1 Preheat* the oven to 160°C. Put the baking sheet on an oven* tray. Draw* a 20cm circle on the sheet.
- 2 Put the egg whites in a large bowl and whisk* them until* they are stiff.
- 3 Continue to whisk the egg whites on full* speed, and add* the sugar one teaspoonful* at a time, until all the sugar has been added.
- 4 Blend* the cornflour and vinegar together. Then whisk* this into the egg whites.
- 5 Put the egg whites on the circle on the baking tray. Build* up the sides to make a crater in the middle*.
- 6 Put the baking tray in the oven. Immediately reduce* the temperature to 150°C.
- 7 Bake* the pavlova for about one hour. It should be firm to the touch and a pale beige colour. Turn* the oven off and let* it cool in the oven.
- 8 Put the whipped cream on top of the pavlova. Slice* the strawberries and add them too. Cool* in the fridge for an hour.

HELP!

add: ajouter
bake: cuire au four
baking sheet: feuille de papier cuisson
blend: mélanger
both: les deux

build up the sides: monter plus sur les côtés
caster sugar: sucre semoule
cool: laisser refroidir
cornflour: fécule de maïs
draw: dessiner, tracer
egg white: blanc d'œuf
either ... or...: soit ... soit
electric mixer: batteur électrique

full speed: à pleine vitesse
let cool: laisser refroidir
method: préparation
middle (in the): au milieu
originate in: provenir de
oven tray: plaque à pâtisserie
preheat the oven: préchauffer le four
reduce: réduire, baisser

slice: trancher
teaspoon: petite cuillère
teaspoonful at a time: une petite cuillerée à la fois
turn off: éteindre
until they are stiff: jusqu'à ce qu'ils soient fermes
whipped cream:

crème fouettée
whisk: fouetter, monter en neige
whisk into: incorporer en fouettant
white wine vinegar: vinaigre de vin blanc