
Pavlova

In Outback Hero, Tessa tries to make a Pavlova, a very Aussie dessert. She fails, but you won't! Just follow the instructions and you will have a colorful, yummy dessert to serve.

Ingredients:

6 Egg whites

1 ½ Cups sugar

Vanilla

1 ½ tsp. lemon juice

1 ½ Tsp. Cornflower

300ml Or a good sized cup of whipped cream

Directions:

1. Heat the oven to around 230 degrees Centigrade.

2. Place foil on your baking tray and grease a square on it around 23 cm or 9 inches.
3. Beat your egg whites until stiff, adding the sugar slowly as you beat to make the meringue. The meringue should be very stiff and shiny.
4. Stir in the lemon juice and cornflour and pile the meringue on the greased portion of the foil until even, then turn down the oven to around 120 degrees Centigrade and bake the meringue for 20 minutes.
5. Lower the temperature further to 100 degrees Centigrade and bake for about another hour.
6. Once it cools, pile on the fruit and whipped cream (not to mention the calories).

Alternatively, if you don't feel like making the meringue you can buy a readymade one and just add on the whipped cream and fruit.