



COCONUT MANGO PAVLOVAS

Serves 4

For the meringues

4 tbsp dessicated coconut
4 egg whites, at room temperature
200g sugar

For the topping

1 tub crème fraîche or Greek yoghurt
1 packet vanilla sugar or 1 tsp vanilla essence and 1 tsp sugar
2 mangos
cinnamon

- Start by making the meringues. Preheat the oven to 90° celsius.
- Toast the dessicated coconut in a pan until lightly golden. Put aside until later.
- Place the egg whites into a metal bowl and whisk with an electric whisk until soft peaks begin to form. Still whisking, add the sugar gradually, a couple of spoonfuls at a time, whisking for 20-30 seconds between each addition. Continue whisking until the sugar has dissolved and the mixture is stiff and shiny.
- Add the toasted coconut to the mix and whisk for another few seconds until well mixed and stiff. The meringue mixture needs to be so stiff that it holds its shape.
- Transfer the meringue mix into a piping bag, mounted with a star-shaped nozzle.
- Pipe the meringue onto a baking tray lined with baking paper: start by piping a spiral circle (starting in the middle, then piping in a spiral shape around the middle, so that it becomes a round spiral). Make it roughly as big as the inside of your hand. Then, pipe the outer "crown" layer: put the nozzle down on the outside of the disc, and pipe while doing an upward movement, ending on the top of the disc. This will give you little spikey bits, which will create the crown effect.
- Bake for 2 hours or until they are dry to the touch and still white in colour. They will at that point still be chewy on the inside. Allow to cool completely before removing from the baking paper. (At this stage, the meringues can be stored in an airtight container for up to 5 days).
- Now make the topping: Mix the crème fraîche or Greek yoghurt with the vanilla sugar. Set aside until later.
- Peel the mangoes, cut the flesh off the stone and cut into little cubes.
- Top each meringue nest with a generous dollop of crème fraîche, then scatter a handful of mango cubes onto each meringue and sprinkle with cinnamon. The pavlova should be filled only shortly before serving as otherwise it will get soggy and lose its crispness.