

Pavlova 蛋白餅



Serving: 4 mini Pavlovas

份量：4 個迷李蛋白餅

Ingredients

Egg white 蛋白 (at room temperature 室溫)	2 隻
White vinegar 白醋	$\frac{1}{2}$ teaspoon 茶匙
Caster sugar 幼糖	$\frac{1}{4}$ cup 杯
Cornstarch 粟粉	2 tablespoons 湯匙
Vanilla extract 云哩拿油	$\frac{1}{2}$ teaspoon 茶匙
Peach 桃	1 個
Cornstarch 粟粉	1 tablespoon 湯匙
Cold water 冷開水	2 tablespoons 湯匙
Raspberry (for decoration)紅莓(裝飾用)	4 粒

1. Preheat oven to 100°C (fan forced) or 120°C (conventional oven) 將焗爐預熱至攝氏 100 度 (吹風焗爐) 或 120 度 (傳統焗爐)。

2. Line a baking tray with baking paper. Cut out 4 long strips of baking paper. Use UHU to seal both ends of the strip to form a small cylinder. Make 4. Stick the cylinders at the bottom to the baking sheet. Baking paper should be well oiled.



焗盤鋪上焗爐紙, 另切出 4 條長條焗爐紙, 用漿糊將焗爐紙兩端粘合成一圓筒, 造出 4 個圓筒, 用小紙條將圓筒固定在焗爐紙上, 在焗爐紙及圓筒上掃油。

3. Put the egg whites in a clean greaseless ceramic or stainless steel bowl. Add the vinegar. Beat egg whites until fluffy. (Egg whites must be at room temperature and have no grease. Otherwise it will take ages to beat up the egg whites. Vinegar is optional to prevent egg whites from over beating.) 將蛋白放於無油脂及清潔的陶瓷或不銹鋼器皿內, 加入白醋, 將蛋白打至發起。(蛋白須為室溫及不能沾油脂, 否則很難打起。白醋是防蛋白打過頭, 可以不加。)



4. Once fluffy, slowly add sugar. Beat till all sugar dissolves and till very stiff when peaks form. Test with your finger tips if sugar has dissolved. 蛋白打至發起後, 慢慢加入幼糖, 打至糖溶解及蛋白變企身。用手指輕搓, 試試幼糖是否已完全溶解。



5. Add 2 tablespoons cornstarch and vanilla, whisk a few more turns. Do not over whisk here.

加入 2 湯匙粟粉及云哩拿油, 再打勻, 此時切勿打過頭,

6. Spoon the meringue in the paper cylinders. Bake at 100°C for an hour. Do not open the door to check. 將蛋白倒進紙筒內, 放入攝氏 100 度的焗爐內焗 1 小時, 切勿打開焗爐查看。
7. Turn the heat off and leave the meringue in the oven with door closed until it is completely cool. Do not open the door to check. (I leave it for at least 2-3 hours or even overnight. Don't take it out to cool or the meringue will collapse and you will end up having a sugary cake like stuff.) The pavlova should be crusty outside and marshmellowy inside.

焗爐熄火, 切勿打開焗爐查看, 保持焗爐門關閉, 蛋白餅放在焗爐內放涼。
(一般, 我會待 2-3 小時, 或過一晚才從焗爐取出蛋白餅。勿將蛋白餅取出放涼, 會大大破壞質感。) 蛋白餅應為外面甜脆, 裡面像綿花糖。

8. **Boil the peach for 10 minutes. Dip in cold water, then peel and pit. Puree the peach using a blender. Cook the peach puree till boiling.**
將桃滾 10 分鐘, 取出浸於冷水中, 去皮及去核。用攪拌器將桃攪成漿, 再將桃漿煲滾。

9. **Dissolve 1 tablespoon cornstarch in 2 tablespoons of cold water. Add the cornstarch mix to the puree. Boil for another few minutes till the puree thickens.**
將 1 湯匙粟粉溶於 2 湯匙冷水中, 加進桃漿內, 再煮數分鐘, 至成濃漿。



10. **Take the cold meringue out of the oven. Carefully peel off the paper and try not to break the crust.**
取出冷卻的蛋白餅, 小心撕去焗爐紙, 以免弄破表層。



11. **Fill the bottom of a mousse glass with the peach puree. Put a mini pavlova on top and top with 2 raspberries or strawberries.** 將桃漿倒入慕絲杯底, 然後放上迷你蛋白餅, 再以紅莓或草莓飾面。
12. **The pavlovas can keep at room temperature for 2-3 days.** 蛋白餅可於室內保質 2-3 天。

Tips: Follow the temperatures religiously. The meringue is very sensitive to temperature.

貼士：蛋白餅對溫度非常敏感, 故小心注意溫度。