



Consejo del chef

You can sprinkle some icing sugar on top of the Pavlovas before serving.

Raciones para 1

150 g

Egg whites

100 g

Sugar

100 g

Icing sugar

1 pinch

Salt

1/2

Lime zest

1 tablespoon

Lime juice

Whipped cream

Raspberries

- 1 With a food processor or a mixer, whisk egg whites with salt and lime juice until they form stiff peaks.
- 2 When they are soft peaks, add sugar, little by little, and icing sugar. Don't stop whisking.
- 3 Then, add the lime zest. Once the meringue is ready, arrange pavlovas. You can create just one or several small pavlovas.
- 4 Take portions of the meringue with a spoon and draw circles on the parchment paper, with the help of the spoon or a spatula.
- 5 Bake at 100-120º for one hour. The pavlova must be dry to the touch.
- 6 Turn off the oven and leave the pavlova inside around one hour.
- 7 Remove from the oven and fill with whipped cream and raspberries.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/pavlova-con-frambuesas-y-nata-montada/>

