

# Red berry pavlova



  
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# Red berry pavlova

AN ORIGINAL RECIPE BY *L'École Gourmet Valrhona*

Makes 10 desserts (diameter: 7.5cm).

## FRENCH MERINGUE

- 140g Sugar
- 140g Confectioner's sugar
- 150g Egg whites

## PRESSED MERINGUE

- 95g French Meringue
- 80g **INSPIRATION FRAMBOISE**
- 50g **50% ALMOND & HAZELNUT PRALINÉ**

## ICED INSPIRATION

### FRAMBOISE MOUSSE

- 30g Egg whites
- 40g Sugar
- 10g Honey
- 50g Passion fruit purée
- 100g Raspberry purée
- 2g Gelatin
- 70g **INSPIRATION FRAMBOISE**
- 90g Heavy cream 36%

## INSPIRATION FRAMBOISE

### CRUNCHY COATING

- 200g **INSPIRATION FRAMBOISE**
- 20g Grape seed oil

## RASPBERRY COULIS

- 230g Raspberry purée
- 15g Sugar
- 6g Gelatin
- 25g Lime juice
- 150g Fresh raspberries

## FRENCH MERINGUE

Beat the egg whites at medium speed and gradually add the sugar until the mixture has a shaving foam-type texture.

Then gently sift in the confectioner's sugar with a spatula.

Using a piping bag with an 8mm round nozzle, pipe out it into evenly sized rows across the tray's width.

Then use a piping bag with a sultane nozzle to pipe out some 7.5cm swirls.

Bake in a fan-assisted oven for 1½ hours at 175°F (80°C).

## PRESSED MERINGUE

Break 95g of French meringue into large pieces and mix it with the **50% HAZELNUT & ALMOND PRALINÉ** and **INSPIRATION FRAMBOISE** melted at 115°F (45°C).

Immediately pipe 15g of this mixture into 7.5cm rings lined with acetate. Freeze.

## ICED INSPIRATION FRAMBOISE MOUSSE

Make a Swiss meringue by heating the egg whites, sugar and honey in a bain-marie, stirring continuously until it reaches 130°F (55°C).

Then beat the mixture using the whisk attachment in a food processor until completely cooled.

Heat the fruit purées to between 160 and 175°F (70 and 80°C) and add the hydrated and drained gelatin.

Combine the mixture a little bit at a time with the melted **INSPIRATION FRAMBOISE** at 115°F (45°C).

Mix using an immersion blender to form a perfect emulsion.

Beat the cold heavy cream until it has a frothy, light texture.

Mix together the ganache and Swiss meringue, then add the whipped cream.

Pour 30g onto each of the pressed meringue circles and return to the freezer.

## INSPIRATION FRAMBOISE CRUNCHY COATING

Melt the **INSPIRATION FRAMBOISE** at 115°F (45°C), then add the grape seed oil. Mix well and set aside.

## RASPBERRY COULIS

Heat the raspberry purée, lime juice and sugar in a saucepan.

Soak then wring out the gelatin, before adding to the mixture.

Heat the mixture to 140°F (60°C) and place some plastic wrap over its surface until completely cooled. Store in the refrigerator.

## ASSEMBLY

Turn out the pressed meringue and mousse.

Soak the mousse side in **INSPIRATION FRAMBOISE** coating and place it on a plate, meringue-side down. Immediately place a French meringue swirl on top of the coating.

Fill the hollow in the meringue with the red berry coulis.

Garnish with fresh red berries (e.g.: raspberry, strawberry, blueberry, redcurrant) to add a nice touch of color.

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