

Red berry pavlova



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AN ORIGINAL RECIPE BY *L'École Gourmet Valrhona*

Makes 10 desserts (diameter: 7.5cm).

FRENCH MERINGUE

140g Caster sugar
140g Icing 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 Caster sugar
10g Honey
50g Passion fruit purée
100g Raspberry purée
2g Gelatine
70g **INSPIRATION
FRAMBOISE**
90g Whipping cream

INSPIRATION FRAMBOISE

CRUNCHY COATING

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

RASPBERRY COULIS

230g Raspberry purée
15g Caster sugar
6g Gelatine
25g Lime juice
150g Fresh raspberries

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 colour.

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 icing 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 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 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 55°C.

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

Heat the fruit purées to between 70 and 80°C and add the hydrated and drained gelatine.

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

Mix using a hand blender to form a perfect emulsion.

Beat the cold whipping 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 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 gelatine, before adding to the mixture.

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