

The red fruit pavlova

Ingredients

For about 6-8 people

Pour la meringue

5 blancs d'œufs
250 g de sucre blanc
1 zeste de citron

800 g à 1 kg de framboises, fraises, myrtilles,
mures lavées et séchées, quelques branches de
groseilles

Pour la crème

Une brique de 20 cL de crème fraîche liquide
très froide (pour la monter en chantilly)
3 grosses cuillères à soupe de fromage blanc
2 cuillères à soupe de sucre en poudre

Sucre glace pour décorer

Preparation

The meringue

1. Preheat the oven to 120 ° C.
2. Mount egg whites in snow,
3. Meanwhile, grate the lemon zest. As soon as the whites are mounted, add the lemon zest and the sugar little by little. Continue whisk the whites for 5 minutes.
4. With a maryse, spread the whites in a large disc on a baking sheet covered with baking paper. Put a little more material on the edges of the circle. The disc should not be too thick otherwise it will have trouble cooking, count about 1 cm thick, and more on the edges. Lower the oven temperature to 100 ° C and cook for 2:30. It's good to do this step the day before and let the meringue finish cooking, oven turned off, overnight.

The cream

1. Mount the fresh whipped cream, and add the two spoonfuls of sugar.
2. Add the cottage cheese (the mixture must be homogeneous).

Assembly

1. Place the meringue on a serving dish.
2. The rest of the steps must be done at the last moment. Spread the whipped cream on the meringue.
3. Place the red fruits on the cream, there must be a lot.
4. Sprinkle with icing sugar.
5. Serve immediately.