

**OVERALL time: 150 mins**

# TROPICAL PAVLOVA WITH SALTED CARAMEL

Spoil your loved ones with this jaw-dropping Salted Caramel Pavlova - topped with seasonal fruit and a silky salted caramel sauce, made with our top-quality ***Cape Herb & Spice Atlantic Sea Salt***.

Metric

**Number of servings : 8**

## ingredients

### For the Pavlova

- 5 Large egg whites
- 5 ml **Cape Herb and Spice Atlantic Sea Salt**
- 225 g Sugar
- 15 ml Cornstarch
- 5 ml White wine vinegar

### For the Salted Caramel Sauce

- 200 g Sugar
- 60 ml Water
- 125 ml Cream
- 30 ml Butter
- 5 ml **Cape Herb and Spice Atlantic Sea Salt**

### For the Topping

- 250 ml Cream
- 10 ml Vanilla Paste/ Extract
- 30 ml Icing Sugar
- Fresh Gooseberries
- 1 Small Mango, sliced
- 3 Granadillas, flesh scooped out

# THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 30 mins | COOKING TIME: 120 mins**

FOR THE PAVLOVA:

Preheat oven to 120° C, fan on. Line a baking tray with baking paper. Draw a circle on the paper using a 20cm cake pan. Flip the paper over so the pencil mark is facing down.

Wipe out the bowl of an electric stand mixer with a little vinegar and paper towel. Then add the egg whites and salt. Begin beating with the whisk attachment at low speed. Slowly increase to high and beat until soft peaks begin to form.

Gradually add the sugar 15 ml at a time. Wait about 10 seconds in between adding the next spoonful. Whisk until the meringue is very glossy and stiff peaks form.

Take a little meringue in between your fingers and rub it. If it is smooth you are good to go- if sugar granules remain beat for a bit longer.

Sprinkle in the cornstarch and white wine vinegar. Then briefly mix on low for a few seconds to combine.

Mound the meringue onto the baking paper within the circle.

Using an offset spatula- shape into a disk, flattening the top and smoothing the sides.

Add little ribbed edges up the “walls” of the pavlova for stability. Add a few swishes on top for a pretty flourish.

Next, place in the oven, and immediately reduce heat to 100° C, fan on and bake for 2 hours. *(Use an oven thermometer to be sure of your oven temperature. If your oven runs hot, bake for 90 minutes.)*

Turn off the heat, and allow the meringue to cool completely in the oven overnight. Do not open.

FOR THE CARAMEL SAUCE:

In a medium saucepan / small pot, combine the sugar and water. Whisk to combine. Clean down the sides of the pot with a wet brush to remove any sugar granules.

Then place the pot on high heat and do not stir or whisk. Cook it until the sugar has turned a deep amber colour.

Meanwhile, warm the cream in a small saucepan and when the caramel is ready, slowly whisk in the warm cream.

The mixture will bubble up so be careful. Continue whisking until smooth.

Switch off the heat and whisk in the butter.

Season with a generous amount of **Cape Herb & Spice Atlantic Sea Salt**. When the mixture is cool enough to taste you can adjust the seasoning.

TO SERVE:

Combine cream, icing sugar and vanilla and whisk it until soft peaks form.

Peel baking paper gently off the pavlova and plate on a platter or cake stand. Gently crack the top of the pavlova with a spoon to make a shallow bowl for the whipped cream and fruit.

Then spoon the cream evenly over the meringue. Drizzle with a little salted caramel sauce.

Cover with the fresh fruit and drizzle again with a little salted caramel.

Serve immediately and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

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