

PAVLOVA

Ok, don't tell anyone but Angus is a bit of a softie when it comes to Pavlova—he just LOVES the combination of delicious fresh fruit and gooey soft yumminess of the pavlovas we have here at Veggie Boys so I thought I'd let you in to my little secret of how to make a super easy but REALLY impressive pavlova that will wow your Mums and Nanas and guarantee a place in their good books!!

You will need

A pavlova (which we sell at Veggie Boys)

A 300ml bottle of cream

A punnet of strawberries or 3-4 kiwifruit

So, take the pavlova out of its packet and place it on a nice big plate.

Whip up the cream with your Mum's egg beater or electric mixer if she will let you—be careful to watch it with the electric mixer, it's really fast at whipping cream and you don't want to end up overdoing it and getting butter!

You know the cream is whipped enough if it stays up in a soft wave when you lift the beater out of the cream. It takes about 4—5 minutes only.

Carefully spoon the cream onto the pavlova and work it around the sides with the spoon and maybe a knife. A dinner knife that is— a flat, rounded ended one, not a sharp chopping knife!

When you've covered your pavlova with the whipped cream, cover it with slices of fresh strawberries or kiwifruit.

To prepare the fruit—younger chefs please ask an adult for help here:

Strawberries:

Cut the green leafy end off the strawberries and slice in half lengthways.

For kiwifruit, carefully cut off each end of the kiwifruit then stand it up on one end and cut down from the top carefully just inside the skin, cutting only the skin off. Turn and cut slowly until you have a kiwifruit with no brown furry bits left!

Lay it on its side and cut slices about 4mm thick. That's about as wide as the white "moon" part of your fingernail that you can see when you're holding the kiwifruit. Younger chefs should get an adult to help with this.

Place the pieces of fruit in a pattern on top of the pavlova—here's a trick to make sure you end up with an even pattern.

Pretend your pavlova is a clock face. Put the first piece at 12, then the next one at 6. The third piece at 9 and the fourth piece at 3. Now count how many pieces you have left and put equal amounts in between each gap and in the centre.

If you have lots of fruit, gently press them into the cream on the sides of the pavlova following the clock idea again so you know you won't end up with any awkward gaps!!

If you want to really impress your friends, you can grate some plain milk chocolate and sprinkle that over the top of the fruit.

How's that for a super easy, super impressive dessert!