

PAVLOVA EXOTIQUE

🕒 125 mins

👉 Easy












MATERIALS

Blender
Whisk
Ladle
Medium Mixing bowls
Knife
Beater
Electric Whisk
Induction Hub
Japanese mandolin
Tablecloth
White apron
Dish towels
Wooden Chopping board

RECOMMENDED NESPRESSO COFFEES



INGREDIENTS

- Mango  1 Piece
- Passion fruit  7 Pieces
- Mint Leaves  10 Pieces
- Egg  6 Pieces
- Sugar  180 g
- Mascarpone  50 g
- Water  10 cl
- Victoria Pineapple  1 Piece
- Red Dragon Fruit  1 Piece

HOW TO MAKE !

STEP 01

FRUITS

Wash and peel all the fruits:
1 Victoria pineapple, 1 mango, 1 red dragon fruit, 7 passion fruits, 3 lychees, 2 kiwis, 1 gold or yellow kiwi. Put them in the fridge. Ensure fruits are not too ripe so they can be cut properly.

STEP 02

FRENCH MERINGUE

In a mixer, mix 5 egg whites and 35g of sugar. When the whites are almost stiff, add 65g of sugar. Continue to whisk and add 100g of icing sugar. Whisk until firm and smooth. Pre-heat the oven to 100°. Put the meringue in a pastry bag and squeeze it onto baking paper so as to obtain a tube 1cm thick and 7cm long. Bake for at least 1h30. It is very important that all the ingredients are at the same temperature.

STEP 03

CRYSTALLIZED MINT

Wash and dry 10 mint leaves. Whisk 1 egg white so that it is frothy. Take a brush, apply the egg white to both sides of the mint leaves, and coat with sugar. Put the mint leaves in an oven pre-heated to 70° for 40 minutes. Turn them over and bake them again for 30 minutes.

STEP 04

PASSION PASTE

Open 5 passion fruits. Collect the seeds and put them in a saucepan. Add 10g of sugar, 3g of grated ginger, and cook for 10 minutes. Mix and pass through a cheesecloth. If you don't have a cheesecloth, use a fine strainer. Place inside a pastry bag.

STEP 05

MASCARPONE WHIPPED CREAM

In a medium mixing bowl, whip 150ml single cream with 50g mascarpone, 50g of sugar and 1 vanilla pod until a whipped cream is obtained. Place inside a separate pastry bag.








STEP 06

SYRUP

Bring 100ml of water to the boil, with 20g of sugar and 2 peppercorns, then filter.

STEP 07

FINISHING AND PRESENTATION:

- Kiwi 
2 Pieces
- Gold or Yellow kiwi 
1 Piece
- Icing Sugar 
100 g
- Liquid Cream 
15 cl
- Vanilla Pods 
1 Piece
- Grated Ginger 
3 g
- Peppercorns 
2 Piece

Take the fruits out of the fridge. Using a Japanese mandolin or a knife, cut thin slices of 0.5cm thick. Begin to dress the fruits on the plate, alternating the different fruits. Using the brush, lightly dab some syrup onto the fruit. Continue by arranging a small amount of mascarpone cream in dots of different sizes. Do the same with the passion paste. To finish, add a few crystallized mint leaves and the tubes of meringue.

INSPIRATIONS