



— JEFFREY CAGNES —

RASPBERRY PAVLOVA

BEGINNER MASTERCLASS





TECHNICAL DESCRIPTION

TOTAL COMPLETION TIME

1 hour 20 minutes

COMPLETION TIME

20 minutes

BAKING TIME

45 minutes

REST PERIOD

1 hour

INGREDIENTS

for 8 pavlovas :

- o 6 oz of sugar (170 g)
- o 3,5 oz of egg whites (100 g)
- o 1,75 oz of confectioner's sugar (50 g)
- o 14,1 oz of raspberries (400 g)
- o 0,17 oz of NH pectin (5 g)
- o 14,1 oz of whipping cream (400 g)
- o 4,4 oz of mascarpone (125 g)
- o 1 vanilla bean

SPECIFIC UTENSILS

- o 15 mm Plain Tip
- o 10 mm / #8 Plain Tip
- o 3 Piping Bags
- o Silicon Baking Mat



STEP 1 – FRENCH MERINGUE

INGREDIENTS

- 3,5 oz of sugar (100 g)
- 3,5 oz of egg whites (100 g)
- 1,75 oz of confectioner's sugar (50 g)

CHEF TIPS

- The egg white of a large egg weighs about 30 g.
- Be careful, remove the yolks before cutting the egg whites, otherwise, the egg whites will not beat properly.
- Do not bake the meringues in a ventilated oven because the airflow may alter their shape.

Preheat the oven at 230° F (110° C) in static heat.

Turn on the mixer fitted with a whisk attachment at high speed and beat the egg whites and the sugar until stiff peaks form.

Once the meringue is firm and forms a bird's beak, using a Maryse, gradually add the confectioner's sugar until the meringue is smooth, shiny and homogeneous.

Fill a piping bag fitted with a 15 mm diameter plain tip.

Take a very flat baking tray and cover it with a silicone baking mat or a sheet of parchment paper.

Place the piping bag perpendicularly to the baking mat and pipe out three balls that are placed on top of one another, in order to form a pyramid,

For each ball, apply a constant force on the piping bag to form a smooth ball. Once the first one is done, stop, and begin piping out the next ball on top of it.

When piping out the third and last ball, make sure to raise the piping bag upright in order to pull the tip of the pavlova's meringue as much as possible in order to keep it straight.

The prepared quantity of meringue should be enough to make about 8 pavlovas.

Bake in a non-ventilated oven at 230° F (110° C) between 45 minutes and 1 hour.

The meringues are satisfactorily baked once they have dried and hardened on the outside.



STEP 2 – STEWED RASPBERRIES

In a saucepan, over low heat, cook the raspberries and, using a whisk, mix them until getting a puree texture.

Then, add half of the sugar and switch to medium heat. Keep mixing until the sugar has totally dissolved and make sure it does not stick to the bottom of the pan.

Mix the other half of the sugar with the NH pectin and add it to the pan.

Using a whisk, mix until the sugar and the pectin have completely dissolved.

Pour the warm stewed raspberries into a cold container and cover in food wrap in contact with the compote.

Keep in the refrigerator at 39° F (+4° C) for at least one hour.

INGREDIENTS

- 7,05 oz of raspberries (200 g)
- 1,75 oz of sugar (50 g)
- 0,17 oz of NH pectin

CHEF TIPS

- The sugar quantity may be increased or lowered, depending on one's taste and on the natural sweetness of the raspberries. It will not alter the texture of the stewed raspberries.
- Use an immersion hand blender to smooth out the texture of the stewed raspberries.



STEP 3 – CHANTILLY CREAM

INGREDIENTS

- 14,1 oz of whipping cream (400 g)
- 4,4 oz of mascarpone (125 g)
- 0,7 oz of sugar (20 g)
- 1 vanilla bean

CHEF TIPS

- It is important to use a liquid cream high in fat, because the fat content allows the Chantilly to thicken when air is forcibly integrated. A low-fat liquid cream cannot be used to make Chantilly cream.
- Overwhipping will make the cream grainy. Stop whipping the cream once it is firm in texture and forms a bird's beak.
- It is better to have a Chantilly that is slightly under-whipped in order to be able to whip it again at the very last minute.
- If the Chantilly has a grainy texture, add a little bit of liquid cream and whip it until the desired texture is obtained.

Pour the whipping cream, the mascarpone and the sugar into a bowl and add the vanilla seeds.

In order to extract the seeds from the vanilla bean, flatten the bean with the back of a knife, then split the bean in half lengthwise. Use the back of the blade to scrap and extract the vanilla seeds.

Using a whisk or using a mixer fitted with a whisk attachment, whip the cream until it is firm and forms a bird's beak.

Refrigerate it at a temperature of 39° F (+ 4° C)

STEP 4 – ASSEMBLY AND DECORATION

Get the stewed raspberries and, using a spatula, thin the compote a bit, then pour it into a piping bag.

Take out the Chantilly cream, check its texture and, if needed, whip it a bit with a whisk, then put it in a piping bag fitted with a #8 or #10 plain tip (8 or 10 mm in diameter).

In a serving plate, start piping out one ball of Chantilly cream that is slightly smaller in width than the meringue.

Arrange the raspberries, tips up, around the Chantilly cream.

Form a circle of Chantilly cream inside the circle of raspberries. Then, pipe out some cream between each raspberry, starting from the inside, going toward the outside and coming back to the inside part, in order to form a ball in each gap. Repeat this step to form a staggered arrangement and create a flower-like shape. Fill the center of the hole with some stewed raspberries.

Using the pointed tip of a nozzle, poke a hole, delicately, at the bottom of the meringue. Fill it with Chantilly cream and add some stewed raspberries. Then, with great care, lay the meringue on top of the Chantilly cream and raspberries flower.

And VOILA CHEF, they are ready to be tasted !

INGREDIENTS

- 7,05 oz of raspberries (200 g)

CHEF TIPS

- You may decorate each plate with fresh raspberries and stewed raspberries according to your taste.
- It is best to enjoy the pavlovas right after they have been plated.