

Vegan Pavlova

Slightly adapted from the recipe “The Ridiculously Improbable Pavlova”

<https://www.uvm.edu/pdodds/writings/2015-12-06vegan-pavlova/>

This recipe also happens to be gluten free.

Preheat the oven to 230F/110C.

Ingredients:

- **The liquid from 1 can of Ceres Organic Chickpeas.**
Drain the liquid from the chickpeas through a sieve into a bowl. Put chickpeas aside for another dish – only the liquid is required. If you can't find Ceres Organic Chickpeas try and find a brand without salt added or very low sodium. It's worth taking the time to find Ceres Organic Chickpeas.
- **1 cup castor sugar**
- **1 teaspoon of vanilla essence**
- **1 heaped teaspoon of xanthum gum** (most health food stores, Bin Inns and some supermarkets have it: look in the gluten free section)
- **1–2 teaspoons of vinegar** (apple cider vinegar or any kind)



Method:

Whip aquafaba with an electric mixer. A stand mixer is best but an electric mixer will also work.

Whip until the aquafaba is in stiff peaks and you can take the beaters out of the bowl and stiff peaks don't move. Start mixing again and slowly add sugar and then the xanthum gum, vanilla and vinegar.

Beat for another 2-5 minutes until stiff and glossy.

Line a tray with baking paper and spread the mixture out. I like to use a large, long metal spatula for shaping. A higher pavlova will give you a more marshmallow middle. The pavlova should be mounded somewhat in the middle as it will later collapse a little.

Or you can make 2 or 3 small pavlovas. Or one small pavlova and make meringues from the rest. They will be fine but slightly sticky to the touch.

Cook for approximately 2.5 hours. It will depend on the height of the pavlova.

Turn the oven off after this time and leave it for an hour or so or even overnight if making the day before, with the door shut. Don't bring out of the unopened oven until ready to serve as moisture in the air will soften it after a while and especially on a humid day.

Crucial step! Invert the pavlova onto a suitable plate given how the shape of the pavlova has turned out. Use the baking paper (which should still be lightly stuck to the bottom of the meringue) to help with this rather delicate process. You should be able to get under the baking paper with one hand, and placing one hand on top, gingerly turn your giant meringue upside down onto the plate.

Slather on the vegan cream and then cover with fruit and, to give it the full pav look, some passionfruit (two to three).

Eat the pav.

N.B. You can learn a lot about how to replace egg white in any recipe by joining the Facebook group 'Aquafaba (Vegan Meringue - Hits and Misses!)

Soy Whipped Cream

From www.plantified.com

250 grams (250 ml) warm soy milk (So good Regular or Essential Soy milks work well)

200 grams (250 ml) refined coconut oil melted (must say refined and not have a coconut scent when you open it) I use the *Simply* brand (green label) from PaknSave.

To whip, add:

5 grams (1 tsp) Vanilla Extract

0.4 gram (1/8th tsp) Xanthan Gum

Simply Pure Refined
Coconut Oil
450ml



Method:

- Warm milk to a lukewarm temperature and place in blender jug. This stops the coconut oil from seizing in cold milk.
- Melt 200 grams coconut oil
- Place a funnel in the top of your blender and turn the blender on.
- SLOWLY drizzle the coconut oil into the funnel as the blender runs so that the oil and milk emulsify properly. It takes approx. one minute to drizzle it all in the blender.
- Keep the blender running for a few minutes afterwards, then turn it off and place the jug in the fridge. At this point it has the consistency of single cream (and you can use it as such too!).
- In order to successfully whip the cream, it MUST be totally chilled.

DON'T RUSH! Chill it for at least a good few hours. It will start to firm up a little around the edges

Once it is chilled, place the cream in the mixer bowl with the vanilla extract and icing sugar. Add the Xanthan Gum. This will emulsify it and keep it bound together and also firm it up further.

Start to whip the cream with the balloon whisk on a stand mixer or an electric mixer. Keep the mixer running- it may look like nothing is going on for a while, but you will notice it start to thicken. At this point, keep a close eye on it as it whips up all of a sudden. If it just doesn't whip up, it won't be cold enough. If you over whip it, you will ruin it! Scrape out the cream into a container, cover it, and place in the fridge for further use.

To serve the pavlova: Just before serving, put the desired amount of cream on top of the pavlova. To avoid the cream collapsing the top of the pav, put spoonfuls of cream around the edges of the pav and use a spatula to evenly smooth it to cover the top. Decorate and serve immediately.



mini pav using $\frac{1}{4}$ of the recipe



meringues