**Pavlova**

Pavlova-like dishes have been made for hundreds of years. The ‘true’ pavlova, which has vinegar and cornflour added to make the outside crunchy and the inside soggy, is an Australian invention, although New Zealanders claim it too.

*For the shell, you’ll need:*

* 7 egg whites
* 14 tbsp caster sugar
* 1 tsp vinegar
* 2 tsp cornflour
* ½ tsp cream of tartar

*For the filling, you’ll need:*

* Whipped Cream
* Strawberries
* Passionfruit

*Method:*

Preheat over to 100°C

Make the shell by beating the egg whites until stiff. Add the sugar, little by little, then the other ingredients. Spoon the mixture onto a buttered and floured baking tray and bake slowly for about 2 hours or until the top is crusty.

***\*\*\*Don’t overcook, and never let it brown***\*\*\*

Turn off the heat and leave the meringue in the oven until both it and the oven are cool.

Fill shell with cream and fruit. An unfilled pavlova shell can be kept overnight in a sealed container, but it will go soggy if left too long. Commercial meringue shells, of course, will be indestructible (and inedible) a decade later. You need an armoured car to dent them.