

PAVLOVA (Meringue Shell)

4 egg whites

1/2 teaspoon cream of tartar

1 cup sugar

1/2 teaspoon vanilla

Fresh fruit (strawberries, bananas, raspberries, kiwi, mangos, etc.)

Whipped cream

Beat egg whites and cream of tartar in large mixing bowl at high speed with an electric mixer until foamy. Add sugar, one tablespoon at a time, beating until stiff peaks form and sugar dissolves. (Rub meringue between thumb and forefinger to feel if sugar is dissolved.) Beat in vanilla. Line a baking sheet with parchment paper, waxed paper or aluminum foil. Draw a 10-12-inch circle on the paper. Spread meringue evenly inside the circle, building the edge slightly to form a rim. Bake at 250 F for 1 1/2 hours. Turn the oven off, open the door and let cool completely. Remove from oven and remove from the paper.

Add fresh fruit to the center and top with whipped cream.

Cut into wedges and serve.

Yield: 7 servings.