

Keto Pavlova



- <https://thebigmansworld.com/keto-pavlova/>
 - keto_pavlova_sugar_free_-_the_big_man_s_world_.pdf

Zutaten

- Egg whites- Large egg whites, that have reached room temperature.
- Superfine sweetener- Also known as caster sugar, you can use either erythritol or monk fruit sweetener. What you'll need to do is blend it until it is a finer consistency, but NOT powdered.
- Cornstarch- Cornstarch is not keto friendly. However, the amount we are using in this dessert is minimal and will yield very little carbs to the overall recipe.
- Vinegar- Reacts with the egg whites and gives some rise to the pavlova.
- Vanilla extract- A must for any good baked recipe.
- Heavy cream- Also known as double cream or thickened cream. This will be spread on top of the meringue.
- Powdered sweetener- Keto powdered sugar, to mix with the heavy cream.
- Low carb fruit- To decorate the pavlova with. I love using strawberries and blueberries.

Zubereitung

Start by beating together your egg whites until stiff peaks form. Slowly, add the superfine sweetener, one tablespoon at a time, until the meringue is glossy and thick. Finally, add the vinegar, cornstarch, and vanilla extract, and beat until just combined. Gently transfer the mixture onto a baking sheet lined with foil. Form a circular shape, keeping the sides thicker. Bake in a preheated oven for around 90 minutes, or until dry and tender. Turn off the oven but keep the pavlova in there to cool completely.

Once the pavlova has cooled, beat together the heavy cream and powdered sugar until combined and smooth. Spread over the top of the pavlova and decorate with berries or other low carb fruit. Refrigerate for 30 minutes, for the cream to chill.

Tips

- Be sure that the bowl you beat the egg whites is completely dry. Even a touch of added water or moisture can affect how firm the meringue will be.
- You can prepare the pavlova up to 24 hours in advance, before serving.
- Patience is key here for the perfect pavlova. The cooling time may be a little more on the higher side, but you'll be rewarded with the airiest and fluffiest meringue.
- Customize this however you like! Feel free to drizzle chocolate over it or even serve it with vanilla ice cream.

How do you store pavlova?

- **To store:** If you've layered and decorated your pavlova, you can store it in the refrigerator, covered, for up to 3 days. However, if you are storing the meringue base, you can refrigerate it for up to 2 weeks. Be sure that it is completely covered (plastic or glad wrap works very well) to ensure that no air pockets can seep through.
- **To freeze:** Only the meringue portion can be frozen. Cover it completely in plastic wrap, and store in the freezer for up to 2 months. When ready to use, refrigerate it until it is no longer frozen.

[keto](#), [nachtisch](#)

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