

Soft vanilla Pavlova with confied mango and tarragon whipped cream.

Recipe for 4 pers

Description

Tender Pavlova stuffed with confied mangoes and a tarragon whipped cream.

Note

If you don't have a convection mode on your oven you can just leave the door opened a little to allow the humidity to escape when cooking the Pavlova. Make sure the cream is fridge temperature when whipping. You can change the herb or the flavor of the ice cream you use to reinvent the dish completely.

Ingredients

Pavlova

- 90 Gr Egg white
- 75 Gr Sugar
- 10 Gr Cornstarch
- 75 Gr Icing sugar

Tarragon whipped cream

- 190 Ml 35% whipping cream
- 3 Sprig(s) Tarragon
- 65 Gr White chocolate
- 1 Unit(s) Vanilla bean

Confied mango

- 6 Unit(s) Yellow mango
- 125 Gr Sugar
- 90 Ml Water
- 30 Gr Icing sugar
- 2 Sprig(s) Tarragon
- 200 Ml Vanilla ice cream

Preparation

- Preparation time **30.00 mins**

Preparation of the Pavlova (meringue)

Sift the icing sugar with the corn starch and set aside. Whip up your egg whites with an electric beater and once your eggs have reached the soft peak consistency gradually add the sugar until the mixture reaches a hard peak consistency. (if you pull away the whisk, the peaks should not wiggle at all. Afterwards, transfer your egg white mixture into a bowl and fold in the icing sugar and corn starch. Once all the icing sugar mixture is integrated (where there is no more dry ingredients in the bowl, transfer to a pastry bag with a round tip. On a baking sheet, line golf ball sized meringue and bake for 25 minutes in the oven at no more than 250F. (the meringue should not stick to your fingers when you touch them, if they do, keep cooking for a few more minutes) As soon as the Pavlova's are cooked, slide them off the baking sheet onto a table to stop the cooking process.

Tarragon whipped cream

Bloom the gelatin in a bowl of cold water. In a pot, heat 3/4 of the cream until it's too hot to leave

your finger inside. Add the vanilla pod and infuse the mix for a few minutes. Take the gelatin from the water and squeeze out the excess water. Add it to the hot cream and whisk to make it has dissolved completely. Add the tarragon branches and using your hand held mixer blend the mixture for 2 minutes. Pour the mixture through a fine mesh strainer unto the white chocolate to melt it and remove all the little chunks. Place the mixture in the fridge, once it is cold, whip it up and serve.

Confied mangoes

Cut the mango in little cubes. (brunoise) Boil the water and sugar together until the sugar is dissolved. (it becomes a syrup) Lower the heat and cook together for 2 minutes. Take the pot off the stove and add the mangoes. Set aside to cool and leave the mixture in the fridge to cool. Take your favorite vanilla ice cream out of the freezer 15 minutes ahead of time.

To serve

Take a third of the cooled meringues in your hand and delicately, with your finger, make a hole at the bottom and stuff them with some mangoes. On a plate, place a meringue with some whip cream, an other one with the mangoes and the last one with the whip cream. You can decorate the dish with fresh tarragon or mint leaves. Sprinkle generously with icing sugar.

Bon appétit!