



## Parlova with poached Pink Lady® apples

A blush take on poached apples, paired with crispy meringue for crunch

Serves 6 - 8



Created by:  
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### Ingredients:

- ♥ 6 large egg whites
- ♥ Pinch fine salt
- ♥ Pinch cream of tartar
- ♥ 1½ cups (300g) castor sugar
- ♥ 2 Tbsp (30ml) lemon juice
- ♥ 2 Tbsp (30ml) cornflour
- ♥ ½ tsp (3ml) vanilla essence

### Topping:

- ♥ ½ cup (125ml) honey
- ♥ 2 cups (500ml) rosé wine
- ♥ 1 vanilla pod, halved
- ♥ 2 star anise
- ♥ 5 Pink Lady® apples
- ♥ 1 tub (250ml) cream
- ♥ ¼ cup (60ml) castor sugar
- ♥ Edible flowers for serving

### Method:

1. Preheat oven to 120°C.
2. Trim baking paper to fit your baking tray and trace a circle using a 25-30cm round plate.
3. Whisk together egg whites, salt and cream of tartar for 3-4 minutes to form medium stiff peaks.
4. Gradually add half the sugar 1 Tbsp (15ml) at a time, waiting for sugar to dissolve before adding the next spoon.
5. Add remaining sugar 3 Tbsp (45ml) at a time at 5-6-minute intervals until sugar has dissolved.
6. Combine lemon juice, cornflour and vanilla, whisking out any lumps.
7. Whisk mixture into egg whites until combined.
8. Place baking paper on a baking tray.
9. Reduce oven temperature to 100°C.
10. Spoon meringue within the stencil line, creating peaks with the back of the spoon or a palette knife.
11. Create a slight indent in the centre.
12. Bake for about 1½ hours, then turn oven off. Cool in the oven, keeping the door closed, for 45 minutes.
13. Open oven door slightly and leave meringue inside overnight to set and cool completely.
14. Heat together wine, honey, vanilla and star anise to make a simmering hot poaching liquid.
15. Peel apples and poach for 10-15 minutes, or until soft but maintaining their shape.
16. Whisk cream and castor sugar together until mixture forms medium stiff peaks.
17. Top pavlova with cream mixture, apples and a drizzle of poaching liquid. (Don't do it earlier, as meringue will break under the weight of apples.)
18. Serve with edible flowers.