

Apple and Blackberry Pavlova

2 egg whites
4 tablespoons boiling water
350g caster sugar
½ teaspoon vanilla essence
1 teaspoon white wine vinegar
1 teaspoon cornflour
450g apples, peeled, cored and cut into 8-12 slices
1 tablespoon granulated sugar
2 tablespoons water
300g blackberries
375ml double cream, lightly whipped

Pre-heat the oven to 130C. Put all the ingredients into a table top mixer and beat until thick and glossy. Spread onto a baking tray lined with baking parchment. Put in the oven for 30 minutes and then turn the oven off but don't open the door. Leave the pavlova in until it is completely cold.

Place the apples, sugar and water into wide bottomed pan. You want the apples to be no more than 2 deep. Mix together to coat the apples with sugar. Bring to a boil over a medium high flame. Cover and reduce the heat to low. Cook stirring occasionally until the apples are just soft and have generated a syrup. About 10 minutes. Add the blackberries and gently stir to mix them in. Raise the heat a little to bring the syrup to a bubble. Cover and turn the heat to low. Cook 5 minutes. Turn off the heat and let sit 10 minutes more. Stir gently to mix. Let cool.

When everything is cold, top the pavlova with the cream and fruit.

