

Pavlova with caramelized apples, cinnamon, vanilla ice cream

Recipe for 4

Description

The timeless marriage of cinnamon and apple, the crunch of a French meringue, all refreshed by vanilla ice cream.

Note

You can choose a different ice cream, caramel for example.

The choice of apples can vary according to your taste.

Ingredients

Meringue sticks

- 80 Gr Egg white
- 65 Gr Sugar
- 65 Gr Icing sugar

Caramelized apples

- 2 Unit(s) Cortland apple
- 0.50 Tsp Cinnamon powder
- 1 Tbsp Butter
- 1 Tbsp Brown sugar

Assembly, finish

- 4 Scoop(s) Vanilla ice cream

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **195 F°**

Meringue stick

Beat the egg whites until stiff, then fold in the sugar.

Sift in the powdered sugar by hand. Using a pastry bag and plain tip, pipe meringue onto a paper-lined baking sheet. Bake at 90°C (194°F) for approximately 1h30. Once cooked, leave to cool, then crush lightly.

Caramelized apples

In a small bowl, mix the soft butter with the ground cinnamon.

Peel your apples, halve, core and quarter. In a hot frying pan, add the cinnamon butter, brown sugar and apple quarters.

Caramelize the apples, taking care not to overcook them, so as to retain some of their texture.

Remove the apple quarters, reserving the cooking juices.

Assembly, finish

In a verrine, soup plate or bowl, place the apple wedges in the bottom, then add a few broken meringue sticks.

Top with a scoop of ice cream, drizzle with a little of the apple cooking juices, and then crush the meringue sticks between your fingers on top of the ice cream.

Bon appétit!