

Pavlova

Pavlova is a classic Australian dessert that involves baking a large meringue that is crisp on the outside and soft on the inside, and then covering it in whipped cream and fresh fruit.



Resources Required:

6 large egg whites
Pinch of salt
300g caster sugar
1 ½ teaspoons cornflour
1 ½ teaspoons white vinegar
300ml cream
1 cup of seasonal berries

Mixing Bowls
Measuring Spoons
Measuring Cups
Oven
Baking Paper
Electric Mixer
Whisk

Instructions:

1. Preheat oven to 120°C. Trace around a 24cm dinner plate or cake tin onto baking paper and place the baking paper onto a baking tray.
2. Combine eggwhites and salt in the bowl of an electric mixer and whisk until stiff peaks form. Gradually add sugar, 2 tablespoons at a time, beating constantly, but gently, until the mixture is glossy and can be held upside down without the mixture falling out. If you overbeat the foam will dry out.
3. Whisk in cornflour and vinegar. Shape mixture on baking tray, keeping within the circle. Smooth the mixture into a cake shape and remember to flatten the top.
4. Place in oven on the bottom shelf and immediately turn the heat down to 110 degrees C and bake for 1 hour. Turn off the oven and allow the pavlova to cool inside the oven until the oven is cold. This can take a few hours.
5. Remove the pavlova and carefully remove the baking paper from its base. Whip the cream, cover the pavlova with cream and add seasonal fruit such as strawberries, kiwi fruit, berries and drizzle with passionfruit.

Recipe Credit: Kidspot – www.kidspotcom.au

Lamingtons

Lamingtons are a classic Australian sweet treat that is loved as much today as it was when it was first created decades ago. Now you can whip up a batch of finger-licking good lamingtons to share with your kids.



Resources Required:

Cake:

- 6 eggs
- 1 cup caster sugar
- 1 ½ cups self-raising flour
- ½ cup cornflour
- 30g butter
- 6 tbsp hot water

Icing:

- 3 cups coconut (shredded)
- 2 cups icing sugar
- 1/3 cup cocoa powder
- 15g butter
- ½ cup milk

- Mixing Bowls
- Mixing Spoon
- Measuring Spoons
- Measuring Cups
- Oven
- Lamington Tin
- Baking Paper
- Electric Mixer
- Wisk
- Sieve

Instructions:

1. Preheat oven to 180°C. Line two lamington tins 18cm x 28cm (7in x 11in) with baking paper.
2. Beat eggs until thick and creamy. Gradually add sugar. Continue beating until sugar completely dissolved.
3. Fold in sifted self-raising flour and cornflour, then combined water and butter.
4. Divide the mixture evenly between the prepared lamington tins.
5. Bake in moderate oven approximately 30 mins. Let cake stand in pan for 5 minutes before turning out onto wire rack.
6. After the sponge has cooled, sift the icing sugar and cocoa into heatproof bowl.

Lamingtons

7. Stir in butter and milk. Stir over a pan of hot water until icing is smooth and glossy.
8. Trim brown top and sides from cake. Cut into 16 even pieces.
9. Holding each piece on a fork, dip each cake into the icing. Hold over bowl a few minutes to drain off excess chocolate.
10. Toss in coconut or sprinkle to coat. Place on oven tray to set.

Notes

- Lamingtons are the best thing to make on Australia Day, very patriotic and very tasty! Of course, lamingtons are good on any other day of the year too!
- It's important to let the sponge cake cool completely before you start cutting and icing it - otherwise the fingers will start collapsing before you finish the icing process.
- These are a lovely lunch box filler, not too big and not too outrageously sweet. Yum!
- Use shredded (or dessicated if you must!!) coconut, and cocoa powder

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