

Video zone – Lemon pavlova recipe

Tasks

Instructions

Do the preparation task first. Then watch the video and do the exercises. You can also read the transcript.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary	Definition
1. to beat	a. a sweet, baked food made of egg whites and sugar
2. caster sugar	b. two or more ingredients combined together
3. meringue	c. very fine white sugar
4. a mixture	d. to mix things together quickly
5. lemon zest	e. the outer skin of a lemon
6. to grate	f. to stir very fast
7. lemon curd	g. a sweet type of jam, made with lemon juice, butter, sugar and eggs
8. to whip	h. to break food into small pieces by moving it against something rough

Task 1

Write a number (1–8) to put the sentences in order.

.....	When the pavlova base has cooled, add lemon curd and cream.
.....	Once the mixture is stiff and shiny, add two ingredients.
.....	Cook it for about an hour then leave it to cool in the switched-off oven.
.....	First add cornflour and then lemon juice and the finely grated zest.
.....	Fold everything gently together.
.....	Start by whisking egg whites and then beat in the caster sugar.
.....	Finally, add toasted almonds and lemon zest on top.
.....	Flatten and smooth the mixture into a regular circular shape on the tray.

Task 2

Put the words in order to make sentences by writing a number in the brackets.

1. and then (....) Start by (....) whisking egg whites (....) beat in (....)
the caster sugar. (....)
2. two ingredients. (....) add (....) and shiny, (....) Once the mixture (....) is stiff (....)
3. grated zest. (....) and then (....) First (....) add cornflour (....) the finely (....)
4. everything (....) Fold (....) together. (....) gently (....)
5. shape (....) Flatten and smooth the mixture (....) tray. (....) into a circular (....)
on the baking (....)
6. about an hour (....) to cool (....) Cook it for (....) in the switched-off oven. (....)
then leave it (....)
7. the pavlova base (....) has cooled, (....) lemon curd and cream. (....) add (....)
When (....)
8. add toasted (....) top. (....) almonds (....) Finally, (....) and lemon zest on (....)

Discussion

Will you try out this recipe? What kinds of desserts do you like to make?

Transcript

Nigella Lawson: I make the pavlova's billowy base in advance.

To do this, I start by whisking egg whites. What I'm waiting for is the stage at which they form satiny peaks, then I patiently beat in my caster sugar one spoon at a time. Patience is not one of my outstanding qualities but it's necessary here. I derive great satisfaction from watching the meringue slowly become glossier.

Once the mixture is stiff and shiny, I turn meringue into pavlova-base-to-be with the addition of two ingredients. First, cornflour. Usually this is combined with vinegar in a pav, but this being a lemon pavlova, I'm using lemon juice, as well as the finely grated zest, which is where all the flavour resides.

Then it's a case of just folding everything gently together.

Now a little culinary crafting. I dab the four corners of a sheet of greaseproof paper with the mixture I have left on the whisk, which will act as a glue to stop the sheet slipping on the baking tray.

I adore how the snowy marshmallow spills onto the sheet in all its alpine glory. I'm aiming for a regular circular shape or as regular as I can get it, which means a lot of flattening and smoothing but I find this rather restful.

It'll take about an hour to cook, and then it can be left to cool in the switched-off oven. I'll wait till just before my friends arrive tomorrow before piling it up into a pavlova proper.

The pavlova base is cooled – well, it's been cooled for a while and resting. Cracks will appear, but don't worry! This happens and besides, as ever, I flip it over. I always do this because I love the way the tender part of the pavlova base, like a marshmallow, hits the smoothness of the cream.

But actually, I am departing from tradition here because what goes on next is not cream but lemon curd. I'm happy to use lemon curd from a jar, providing it is good and zingy, and if not, you can always add some lemon zest and lemon juice.

Don't be alarmed if some of it drips down the side of the meringue base. I rather love that. Push it to the sides. It will drip more as it stands. And I shall drape the curd with the cream, whipped but not too whipped!

Coax it to the edges ...

I have got a lot of almonds I have toasted, by which I mean I've tossed them about in a dry hot frying pan until they are this colour. You need a lot. This isn't just decoration, it's so that you get a good amount of crunch. I always think of this a bit like, erm, an upside-down lemon meringue pie.

And finally, some lemon zest ... and I just can't wait to sink into this lemony lusciousness!

Answers

Preparation

1. d
2. c
3. a
4. b
5. e
6. h
7. g
8. f

Task 1

- | | |
|-----------|---|
| ...7..... | When the pavlova base has cooled, add lemon curd and cream. |
| ...2..... | Once the mixture is stiff and shiny, add two ingredients. |
| ...6..... | Cook it for about an hour then leave it to cool in the switched-off oven. |
| ...3..... | First add cornflour and then lemon juice and the finely grated zest. |
| ...4..... | Fold everything gently together. |
| ...1..... | Start by whisking egg whites and then beat in the caster sugar. |
| ...8..... | Finally, add toasted almonds and lemon zest on top. |
| ...5..... | Flatten and smooth the mixture into a regular circular shape on the tray. |

Task 2

1. Start by whisking egg whites and then beat in the caster sugar.
2. Once the mixture is stiff and shiny add two ingredients.
3. First add cornflour and then the finely grated zest.
4. Fold everything gently together.
5. Flatten and smooth the mixture into a circular shape on the baking tray.
6. Cook it for about an hour then leave it to cool in the switched-off oven.
7. When the pavlova base has cooled, add lemon curd and cream.
8. Finally, add toasted almonds and lemon zest on top.