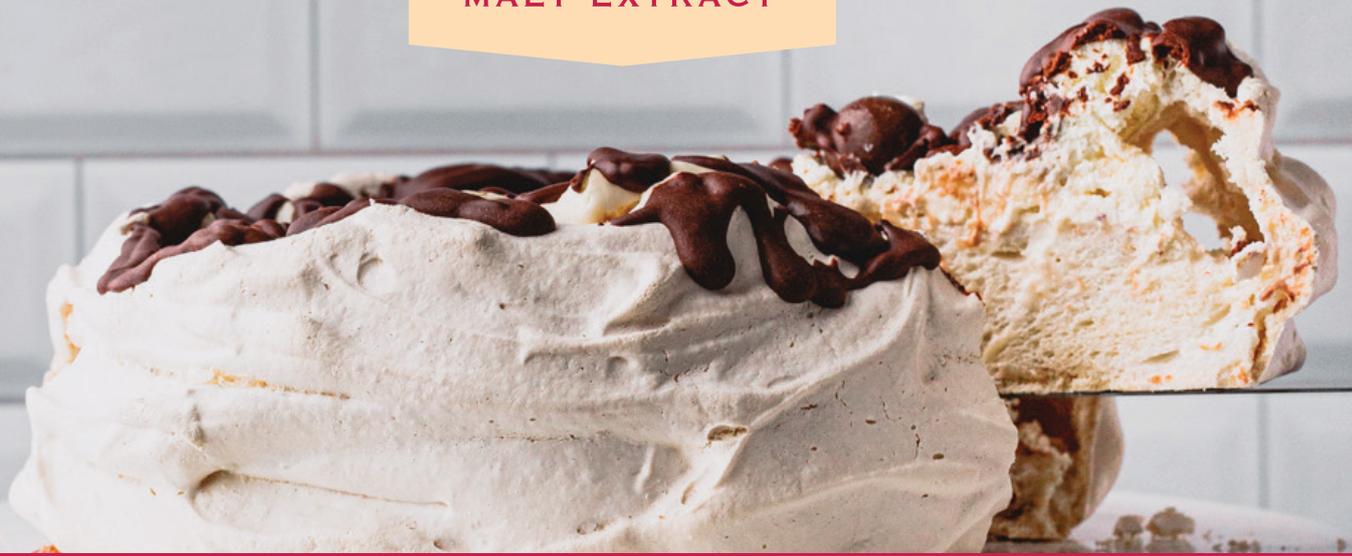


# SAUNDERS' MALT EXTRACT



Preparation

15  
MINS

Bake Time

1.5  
HOURS

Cooling Time

3  
HOURS

Serves

8-10

Difficulty

HARD

## MALTED PAVLOVA

Hands down this is the tastiest Pavlova you will ever make. A crunchy malted meringue crust envelops a pillowy soft texture inside. The Pav is then topped with whipped cream, bananas, Maltesers and a malted chocolate drizzle. Unlike store-bought desserts and other recipes that can be sickly sweet, this one uses a little less sugar and no sugar in the whipped cream to balance the flavours. So good!

### INGREDIENTS

#### Pavlova

- 5 egg whites at room temperature
- 1 cup white caster sugar
- ½ tsp cream of tartar
- 2 tsp Saunders' Malt Extract

#### Malted Whipped Cream

- 1 cup fresh cream
- 1 tbsp (30g) Saunders' Malt Extract \*see note

#### Drizzle

- ¼ cup dark chocolate chips
- 2 tsp (60g) Saunders' Malt Extract \*see note
- 2-3 tbsp fresh cream

#### Toppings

- 1 banana
- 50g milk chocolate Maltesers

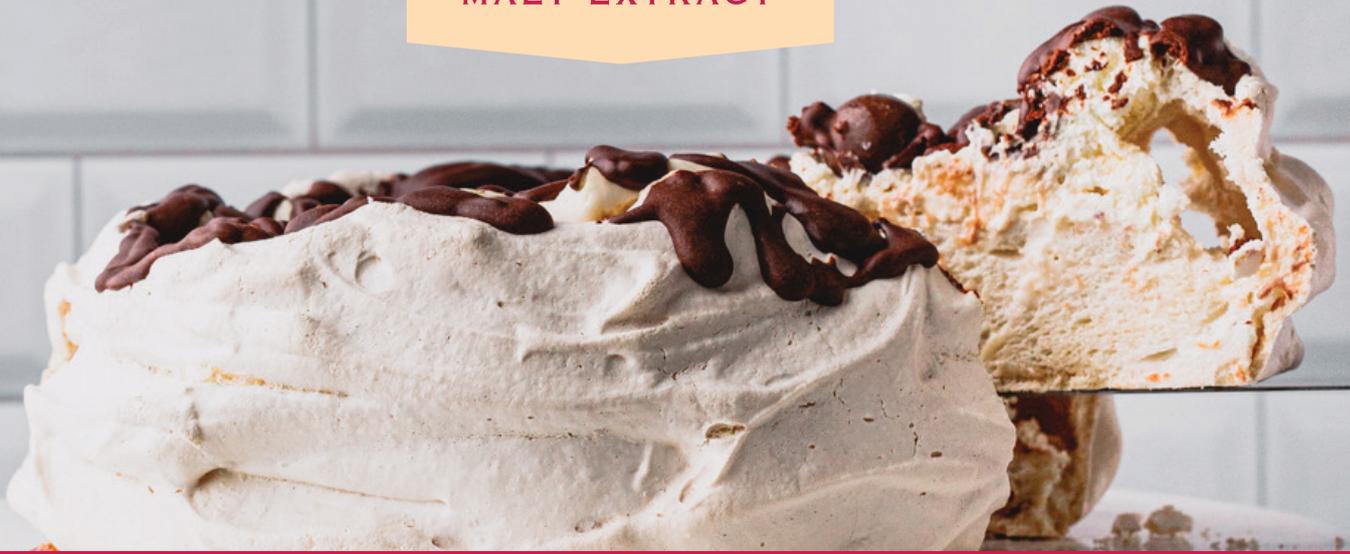
### METHOD

- 1** Before you start, ensure your Pavlova mixing bowls and mixer whisks are clean, free from any grease and washing detergent residue and completely dry. We recommend separating the yolks and whites over another clean bowl just in case a yolk cracks and contaminates the whites. This way it's only one egg that needs to be replaced. Use the yolks to add to scrambles, stir through fried rice or creamy pasta sauces.
- 2** Preheat oven to 150°C. Line a large baking sheet with baking paper.
- 3** Place egg whites into a mixer bowl and turn onto medium speed. Beat until stiff peaks form. While continuing to beat, add sugar a heaped tablespoon in quick succession. Beat until the meringue mixture is thick and glossy, and the sugar is dissolved (the mixture should feel smooth not grainy when rubbed between two fingers). Turn mixer speed down to low and add the cream of tartar, followed by Saunders' Malt Extract for a few more turns. Turn off the mixer.
- 4** Carefully spoon the mixture out onto the prepared baking sheet, heaping it on, shape into a circle about 23cm in diameter with a relatively flat top.
- 5** Bake for 1.5 hours. Turn off the oven – do not open the oven door – and leave the Pavlova in the oven to cool down for at least 3 hours or overnight.

### REMAINING STEPS NEXT PAGE

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## MALTED PAVLOVA

### NOTE:

\*You can use a measuring spoon here but given the Saunders' Malt Extract is quite thick and sticky, we recommend placing the whipped cream bowl and melted chocolate bowl on a set of digital scales. Zero the scales then simply dip a regular teaspoon or tablespoon in the Saunders' Malt Extract and drizzle it into the whipped cream / melted chocolate by weight.

Older eggs work best for a Pavlova so plan ahead or get eggs with best before date closest to the date you are baking.

- 6 You can prepare the malted whipped cream and drizzle ahead of time and store in the fridge. You can reheat the drizzle in the microwave for 20 seconds.
- 7 Beat fresh cream until firm peaks form. Drizzle in Saunders' Malt Extract and fold through gently. Store in the fridge until needed.
- 8 Place chocolate chips in a small bowl and heat in the microwave in two lots of 20 second bursts. Mix gently for the remaining chocolate to melt. Add Saunders' Malt Extract and mix well. The chocolate might appear split / set and crumbly at this stage. Add cream and continue mixing gently until the glaze is glossy, smooth and pourable.
- 9 To serve, peel and slice banana. Cut some of the Maltesers in half.
- 10 Remove cooled meringue from the oven and gently transfer to a serving plate. Top with whipped cream, banana slices, Maltesers and drizzle with chocolate drizzle.
- 11 Serve immediately or store decorated meringue in the fridge for up to 24 hours before serving. Please note that the banana slices may turn darker and the Pavlova might sag a little – not dramatically – due to the weight and moisture in the toppings, but will still be delicious.
- 12 Leftovers can be stored in the fridge for up to 3 days.

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