



Aquafaba Pavlova

🕒 2 Hours 🥄 20-30 Mins

🕒 Min 2 hours in oven, after cooking (or for the day to allow to cool completely)

INGREDIENTS

- 120 ml reduced aquafaba, chilled (liquid from 1-2 tins of chickpeas)
- 225 g caster sugar (fine sugar)
- 1 ½ teaspoons white wine vinegar or cider vinegar
- 1 Tablespoon of Potato Starch or Cornflour

DIRECTIONS / METHOD

1. Preheat the oven to 130°C fan / 150°C conventional.
2. Line a cold baking tray with baking paper.
3. Place the **chilled*** 120 ml aquafaba into the bowl of a stand mixer or electric mixer. Whisk on high speed for at least 10 minutes, until stiff peaks form. Aquafaba can take longer than egg whites, so keep going if needed*.
4. With the mixer still running, add the caster sugar gradually. Continue whisking for about 3-5 minutes as you add it.
5. Then add the vinegar.
6. Reduce to the lowest speed and sprinkle in the cornflour or potato starch*.
7. The mixture should be very thick, glossy and spoonable, not runny.
8. Spoon the meringue onto the cold prepared baking tray. Shape it with slightly higher sides. as it will flatten out.
9. Place in the oven, then immediately reduce the temperature to 120°C fan.
10. Bake for 2 hours, or until the top feels firm.
11. Turn the oven off and leave the pavlova inside until completely cool. Overnight works well, or leave it in the oven for the day. Do not rush this cooling step, as it helps the meringue hold together*.

DIRECTIONS / METHOD CONTINUED

Some Tips & Notes*:

- Aquafaba behaves differently from egg whites and can take longer to whip, so patience matters.
- Chilling the reduced aquafaba makes a big difference to how it whips, and is an essential part of the process.
 - The jury is out when it comes to reducing (I have tried both and couldn't see a major difference!). Serious Eats tested aquafaba meringues and found that heating aquafaba to specific temperatures did not significantly improve stability, but adding Cream of Tarter or Lemon Juice might assist.
- Add your sugar slowly!! The gradual addition helps the meringue become glossy and stable.
 - I don't use White Sugars (due to bleaches etc used), so raw sugar is fine and does incorporate better if finer, so I just blitz mine first in a coffee / spice grinder!)
- Potato Starch / Cornflour note: Traditional pavlova recipes often include cornflour to help create that soft marshmallowy centre and reduce weeping. Aquafaba already contains some starch, so many vegan recipes skip it, but I still like adding a small amount because it gives a nod to the pavlova method I grew up with and in my testing, it worked beautifully.
- Cooling slowly in the oven is one of the classic pavlova rules - do not rush it.
 - Also no opening the oven for a sneaky peak and avoid loud noises, banging around, slamming doors.

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