

 **CHRISTMAS**

PAVLOVAS

with RASedu



Royal Agricultural Society of NSW



WHERE DOES YOUR CHRISTMAS PAVLOVA COME FROM?

The origin of the pavlova is one of the most debated culinary topics in Australia. The 'pav' is reported to have been created in Perth in 1935 – however New Zealand claims they invented it in 1926!

Most Australians eat pavlova around Christmas time, when there is lots of fruit available. The most popular fruits to put on a 'pav' are mango, passionfruit, blueberries, strawberries, raspberries and kiwi fruit, but you can put anything you like on top. The base is made from egg whites and sugar, as well as some other things. The other thing you need for a good pav is lots of cream and people to share it with!

DID YOU KNOW??

Pavlova is named after a ballerina! Anna Pavlova toured Australia & NZ in the 1920's and is one of the most famous ballerinas of all time.



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STRAWBERRIES

Strawberries are grown all over Australia, but they do prefer warmer weather!

MANGOES

Mangoes are grown in the tropical and sub-tropical regions of QLD, the NT and Western Australia

PASSIONFRUIT

60% of Australia's passionfruit is grown in QLD

SUGAR

95% of Australia's sugar is produced in QLD

EGGS

NSW, Victoria and QLD are our top egg-producing states

BLUEBERRIES

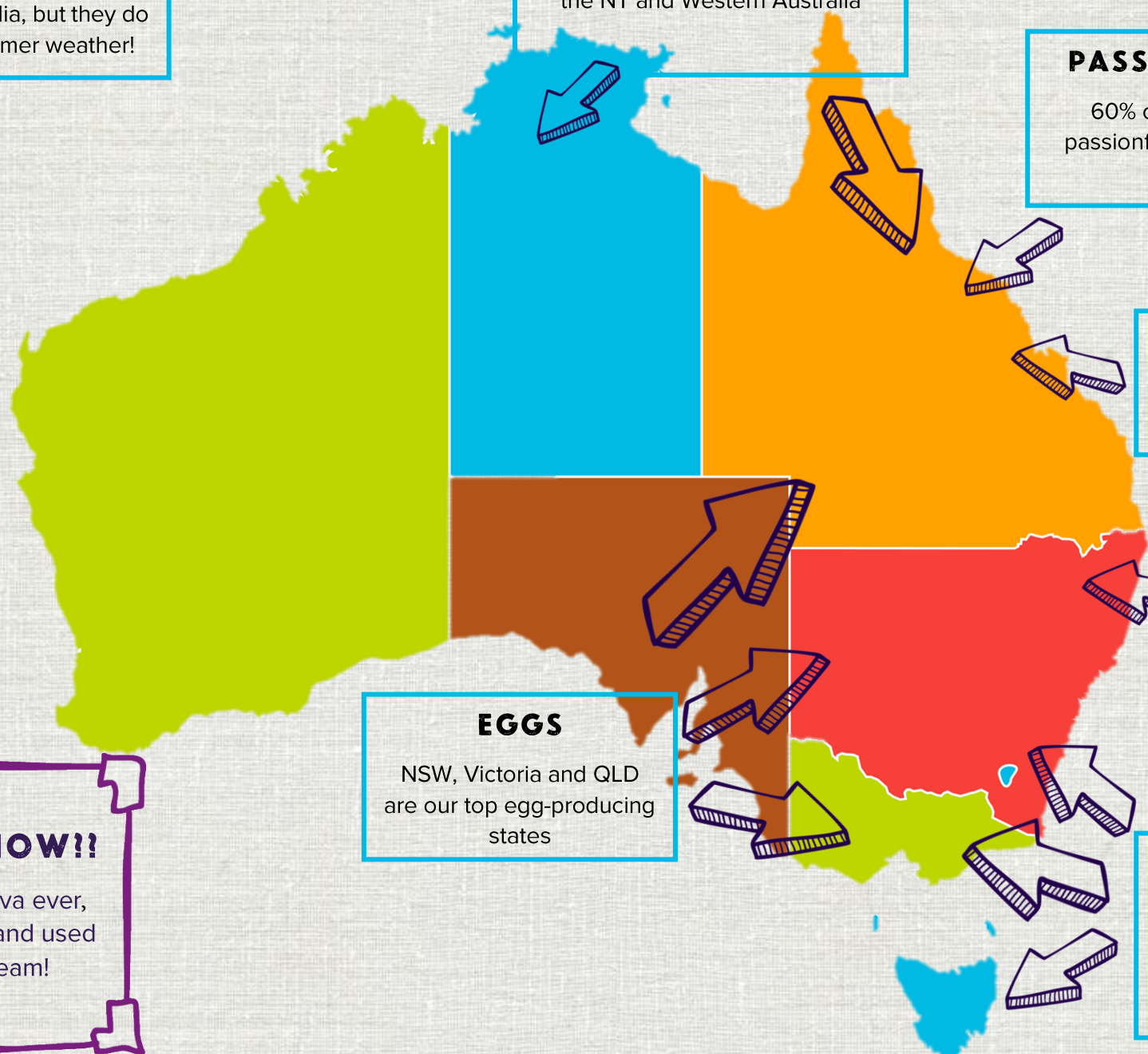
Blueberry production is centred around Coffs Harbour in Northern NSW

CREAM

Australia's dairy comes from the south east coast of NSW, Victoria and Tasmania

DID YOU KNOW??

The biggest pavlova ever, was made in 2018 and used 800 litres of cream!



CREATE YOUR OWN PAVLOVA

Christmas can be a busy time for everyone, so if you don't have time to make a pavlova from scratch you can get everyone to create their own using pavlova bases.

Ingredients:

Mini pavlova bases
from your local
supermarket

Whipped cream

Lots of yummy fruit all
sliced up and ready to
serve

Method:

1. Get your pavlova base and a spoon
2. Put a big dollop of cream on the base
3. Top with all your favourite fruits
4. Get all your guests to do the same!

Remember!

Check for allergies –
you don't want anyone to be
sick on Christmas!



AUSTRALIAN PAVLOVA RECIPE

Lots of families have their own secret recipe to make a pavlova from scratch, but this can be a bit trickier!

This delicious recipe has been provided by Australian Eggs and will be sure to have all your Christmas guests licking their plates!

Ingredients:

Pavlova:

6 egg-whites (210g), at room temperature

330g (1 ½ cups) caster sugar

1 ½ teaspoons white vinegar

Lemon curd:

2 egg yolks

75g (1/3 cup) caster sugar

2 teaspoon finely grated lemon rind

80ml (1/3 cup) lemon juice

80g unsalted butter, chopped

4 kiwi fruit sliced

35g (¼ cup) slivered pistachios

Remember!

Always have a grown-up around when you're cooking in the kitchen!



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METHOD:

PAVLOVA

1. Preheat oven to 150°C fan forced. Mark a 23cm circle onto a sheet of baking paper. Turn baking paper over and place onto an upturned large greased baking tray (this makes it easier for sliding pavlova off tray once cooked).
2. Place egg whites in the bowl of an electric mixture. Whisk on high speed until stiff peaks.
3. Gradually add sugar a tablespoon at a time, making sure sugar is dissolved between each addition. Once sugar is added, scrape down sides of bowl if needed. Whisk for a further 6 minutes, or until mixture is thick and glossy.
4. Add vinegar and whisk for further 2 minutes. Spoon meringue onto paper. Use a pallet knife to shape the meringue into peaks.
5. Place in oven, reduce oven temperature to 120°C fan forced and bake for 1 hour or until dry. Turn off oven and allow pavlova to cool completely. Meanwhile, make the lemon curd.

LEMON CURD

6. Place yolks, sugar, lemon rind and juice in a small bowl and whisk to combine. Place in a small saucepan with butter.
7. Place over medium heat, bring to a simmer, stirring constantly. When it comes to the boil, take off heat and strain through a fine sieve. Refrigerate until cold.
8. Place pavlova on serving plate, top with lemon curd, kiwifruit and sprinkle with pistachio.

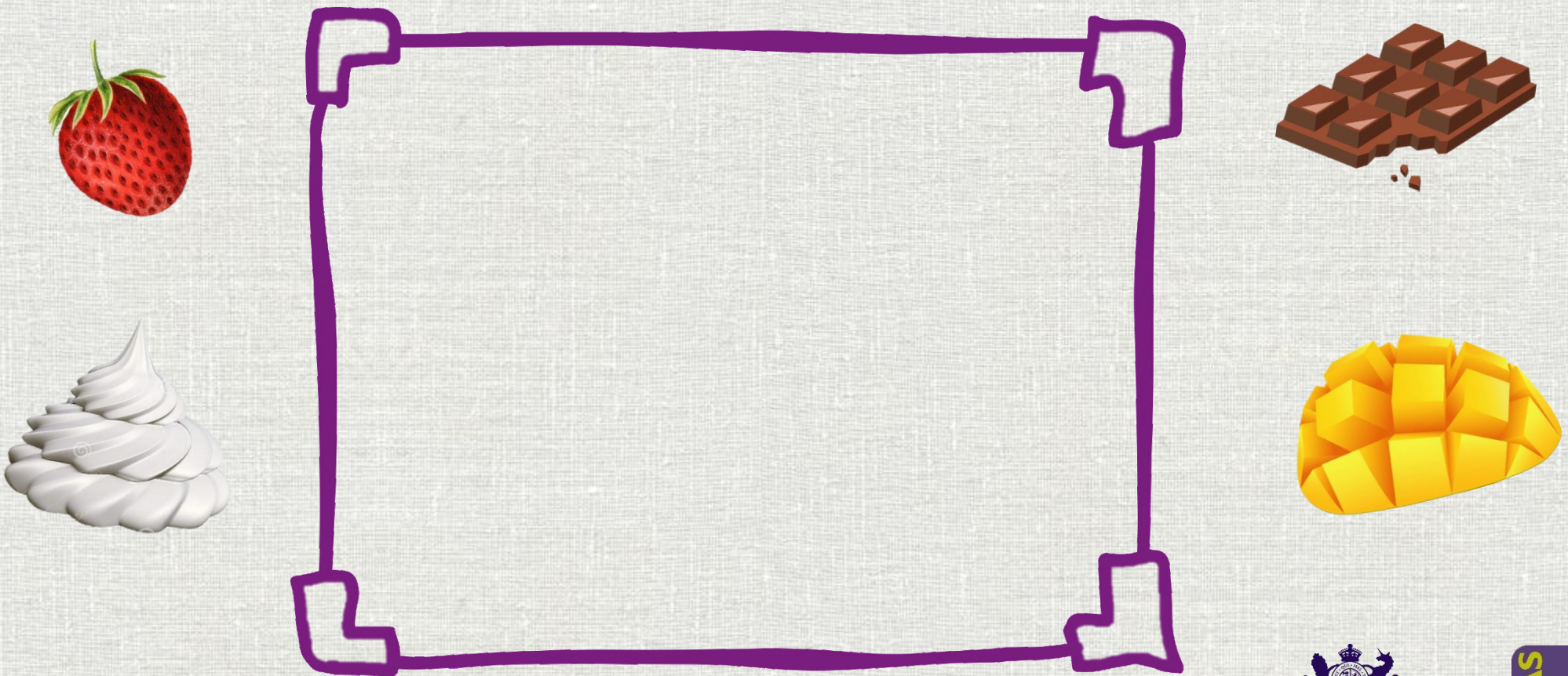


DESIGN A PAVLOVA!

Now you've had a chance to make a delicious pavlova, what would you change?

Would you put anything different on the top? How would you decorate it?

Use the space below to design your own yummy pavlova. We have put some of the toppings around the page to give you some ideas!



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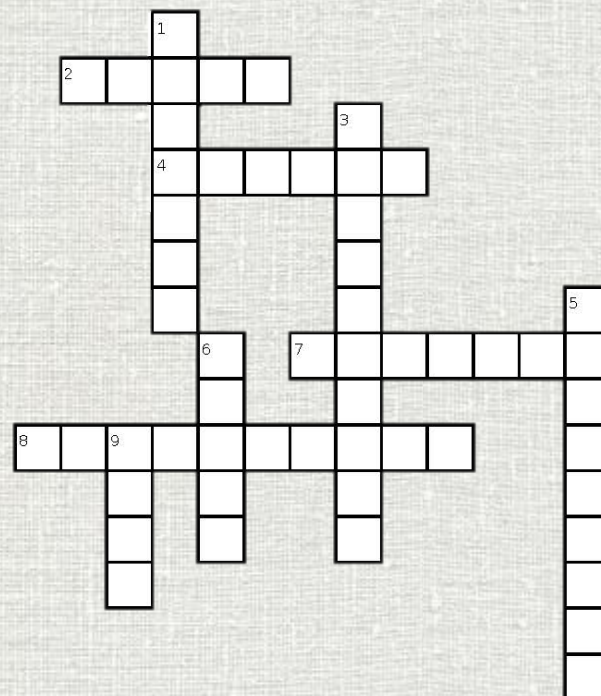


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PAVLOVA CROSSWORD

Do you remember everything...?



Down:

1. The meal after dinner
3. The country that also claims to have invented pavlova
5. Anna Pavlova was a
6. A sweet orange fruit grown in Northern Australia
9. You use the whites of these to make pavlova base

Across:

2. The biggest pavlova in the world used 800 litres of this
4. Christmas in Australia is in what season?
7. A sweet dessert eaten in Australia at Christmas
8. The state where lots of fruit is grown



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