CHEFS' TABLE

CRACKING EGG-CELLENCE

HIPPY CHERRY PAVLOVA

Indulge in the whimsical charm of the Hippy Cherry Pavlova, a vibrant dessert that's equal parts rustic elegance and joyful celebration. With its cloud-like meringue base, lush whipped cream, and a swirl of Twisted Fork's Hippy Cherry Preserve, this recipe is a tribute to Alberta's fresh, seasonal flavours.

1 pavlova

3 hours

INGREDIENTS (PAVLOVA)

- 240 grams egg whites (room temperature)
- 1.5 cups granulated sugar
- 1.5 Tbsp cornstarch
- 1 Tbsp fresh lemon juice
- 1 Tbsp vanilla paste (or extract)

INGREDIENTS (TOPPING)

- 2 cups whipping cream (33-36%)
- 0.5 cup granulated sugar
- 1 tsp lemon zest + 1 Tbsp lemon juice
- 1 cup Twisted Fork Hippy Cherry Preserve
- 1 cup fresh cherries
- 1 cup mixed fresh berries
- Edible flowers
- Mint

DIRECTIONS (PAVLOVA)

1. Preheat oven to 225°F. Draw a 10" circle on a piece of parchment, flip parchment and place on sheet pan.
2. In a stand mixer, beat eggs whites with whip attachment on medium high until medium peaks. Reduce speed and gradually add sugar and whip to stiff peaks.
3. Remove from stand. Fold in cornstarch, vanilla and lemon juice.
4. Mound meringue in the circle and create a small well in center. Swirl sides.
5. Bake at 225°F for 90 minutes, turn off oven and leave pavlova inside for 30 – 45 minutes.
6. Remove and cool.

MEET CHEF DEBRA POULIN

Chef and owner of Twisted Fork in St. Paul, Debra Poulin has dedicated over 35 years to mastering and celebrating regional cuisine. Raised amid fresh ingredients and farm life in Ontario's Niagara region, she discovered an early passion for flavour that continues to shape her culinary philosophy. Committed to supporting the Lakeland region's farmers and producers, Debra has extended her commitment to flavour to her fellow staff, other chefs, and community.

HIPPY CHERRY PAVLOVA (CONTINUED)

DIRECTIONS (PAVOLVA)

7. While pavlova is cooling, add whipping cream to stand mixer with whip attachment. Whip to soft peaks, gradually adding sugar. Whip until stiff.
8. Fold in lemon juice and zest. Swirl in 2 tablespoons of Twisted Fork Hippy Cherry Preserve.

DIRECTIONS (PLATING)

1. Place pavlova on a cake plate. Place approximately 2 cups of whipped cream in the center of the pavlova and swirl around.
2. Place the balance of the Hippy Cherry Preserve over the whipped cream. Place fresh cherries and mix fruit randomly to create a beautiful top. Place mint and edible flowers to enhance and elevate your pavlova.
3. Enjoy with friend!