



welcomes you to

Valentine's Day Heart Pavlovas

with Pastry Chef Katie Rosenhouse

Heart Pavlovas with Whipped Cream

Yield: 5 heart-shaped pavlovas

Ingredients:

For the meringues:

2 large egg whites
½ cup granulated sugar
1 ½ tsp. cornstarch
1 tsp. lemon juice
Pinch of kosher salt

For the whipped cream:

1 cup heavy cream
Confectioner's sugar, vanilla extract, and a pinch of salt, as desired

Optional garnishes:

Unsweetened cocoa powder
Melted dark chocolate
Fresh raspberries or other berries

Procedure:

1. Preheat the oven to 250°F.
2. Line a baking sheet with parchment paper.
3. Whip egg whites in a stand mixer fitted with a whisk attachment until frothy. Slowly add sugar and continue to whip to medium peaks.
4. Add lemon juice, cornstarch, and salt; whip to stiff peaks.
5. Transfer meringue to a piping bag fitted with a star tip.
6. Pipe 4-inch heart shapes onto the prepared baking sheet, filling the centers. Pipe a second heart-shaped border over the top of each.
7. Bake for 1 hour or until firm.
8. Turn off oven and leave meringues inside for at least 30 minutes.
9. Transfer to a rack to cool completely.
10. Prepare whipped cream: Whip heavy cream and flavorings to taste until mixture reaches medium peaks.
11. Top meringues with whipped cream and garnish as desired.

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