



BBC
goodfood
SUBSCRIBER
CLUB

Rhubarb & ginger Pavlova

Rhubarb & ginger Pavlova

SERVES 8-10 PREP 10 mins COOK 1 hr 30 mins EASY V

4 large egg whites
200g caster sugar
1 tsp cornflour
1 tsp white wine vinegar
½ tsp ground ginger
For the poached rhubarb
250ml ginger beer
1 tbsp sugar
small piece fresh ginger
400g rhubarb, cut into inch-long pieces
400ml double cream
30g pistachios, roughly chopped



1 Heat oven to 140C/120C fan/gas 1. Line a large baking sheet with baking parchment. Using a stand mixer or electric whisk, whisk the egg whites in a clean bowl until they just make stiff peaks. Add the caster sugar, 1 large spoonful at a time, whisking well between each addition, until your meringue is thick and glossy. Add the cornflour, vinegar, ginger and a pinch of salt and whisk to combine. Using a large metal spoon, pile the meringue in a circle on your parchment. Bake for 1½ hours until the paper pulls away easily from the bottom of the meringue, then turn the oven off and let the Pavlova cool completely. It can even be left in the oven overnight.

2 For the poached rhubarb, pour the ginger beer into a large saucepan with the sugar and ginger. Bring to the boil, then drop in the rhubarb. Cook for 3-4 mins, depending on the thickness of your rhubarb, remove from the heat and leave the rhubarb to cool in the syrup. Discard the fresh ginger once cooled.

3 When you are ready to serve, whisk the cream until it is just holding its shape, then smooth on top of your meringue. Pile the rhubarb on top, lifting it out of the syrup with a slotted spoon, then drizzle over some ginger beer syrup. Scatter the pistachios over the top and serve.

GOOD TO KNOW gluten free

PER SERVING (10) 331 kcal • fat 23g • saturates 14g • carbs 28g • sugars 27g • fibre 1g • protein 3g • salt 0.1g



‘Nothing beats a good pav. It’s my go-to dessert whenever I’m asked to make a crowd-pleasing pud as a private chef. Simple yet impressive, it inevitably invites a chorus of coos when brought out. Here, I’ve cooked the rhubarb in ginger beer to create a spiced sugar syrup and added ground ginger to the meringue. The ginger cuts through the sweetness, so you can eat more. Result.’

Sophie Godwin