



Pumpkin Pavlova

by Jennifer Kee (the fabled needle)

Ingredients

Meringue Crust:

4 egg whites, room temperature
1 c. white sugar
1 t. vanilla extract
1 t. lemon juice
2 t. cornstarch

Filling:

1 - 3.4 oz package instant vanilla pudding mix
1 - 12 oz can pumpkin (like Libby's 100% pure pumpkin [unsweetened])
1 - 15 oz can evaporated milk
2 ½ t. pumpkin pie spice

Topping:

1 pint heavy whipping cream, cold
Maple syrup (to taste)
OR Cool Whip

Decoration:

Chocolate leaves, marzipan pumpkins, candied pecans, etc.

Tools/Supplies:

Parchment paper
Baking or cookie sheet
Electric mixer

Directions

Prepare Crust:

1. Preheat oven 300 degrees F (150 degrees C). On a piece of parchment paper, draw a circle 9" in diameter on one side. (You can use a cake pan to trace.) Flip paper over and place it on a baking sheet.
2. In a large bowl, beat eggs whites until stiff but not dry. Gradually beat in sugar, 1 T. at a time, beating well after each addition. Beat until thick and glossy. (Do not over-beat.)
3. Gently fold in vanilla, lemon juice and cornstarch.
4. Spoon mixture into a flat, circular mound (using your drawn 9" circle as a guide) onto the parchment paper. Create a slight depression in the center.
5. Bake for 1 hour. Cool crust (with paper) on wire rack. When cooled completely, carefully transfer crust onto serving plate (removing parchment).

Prepare Filling:

(This can be done while crust is baking.)

1. In a large bowl beat pudding mix and evaporated milk according to pudding directions on box; refrigerate for 5 minutes.
2. Add pumpkin and pumpkin pie spice; stir well. Cover and refrigerate.

Prepare Topping:

1. Beat whipping cream until thickened like custard.
2. Gradually add in desired amount of maple syrup; beat until peaks form. (Do not over-beat.) Cover and refrigerate.

Assembling the Pavlova (Just before serving):

Spoon pumpkin filling onto the crust, keeping a little ways from the edges. Cover with whipped topping. Decorate if desired.