



Petal Pavlova

Mini Pavlovas with Rose Cream & Raspberries

Source: The Gilded Table – May Edition, Retro Recipes Revived

Yield: 6–8 pavlovas | Prep Time: 20 min | Bake Time: 1 hour

Recipe Description

These elegant mini pavlovas are filled with softly whipped rose-scented cream, then topped with fresh raspberries and rose petals. Crisp on the outside, marshmallow-soft on the inside, they're a romantic and ethereal dessert for spring gatherings, bridal teas, or moonlit picnics. Part of The Gilded Table: May Edition from Life in Bianca's Kitchen.

Ingredients

- For the Meringue Shells:
 - 4 large egg whites, at room temperature
 - 1 cup superfine sugar (caster sugar)
 - 1 tsp cornstarch
 - ½ tsp white vinegar
 - ½ tsp vanilla extract
- For the Rose Cream:
 - 1 cup heavy cream (chilled)
 - 1–2 tsp powdered sugar (to taste)
 - 1–2 tsp rosewater (adjust to preference)
- For Garnish:
 - Fresh raspberries
 - Edible rose petals (organic, unsprayed)
 - Optional: dried rosebud crumbles or a light dusting of powdered sugar



Directions

1. Preheat oven to 250°F (120°C). Line a baking sheet with parchment paper.
2. In a clean, dry bowl, beat egg whites until soft peaks form. Gradually add sugar, 1 tablespoon at a time, beating until glossy stiff peaks form.
3. Sift in cornstarch, then add vinegar and vanilla. Gently fold to combine.
4. Spoon or pipe meringue into 6–8 small nests on the parchment, creating a shallow dip in the center of each.
5. Bake for 1 hour, then turn off oven and let pavlovas cool inside with the door slightly ajar (this helps prevent cracking).
6. In a separate bowl, whip cream with powdered sugar and rosewater until soft peaks form.
7. Just before serving, spoon rose cream into each meringue shell. Top with raspberries and rose petals.
8. Serve immediately, and enjoy the poetry of petals and cream.