

# Mango, Lime & Toasted Coconut Smashed Pavlova with White Chocolate



By [Ashley Alexander](#)

These flavour combinations just scream summer. And the great thing about a 'smashed pav' is you really can't mess it up. It gets served in a large bowl, the top is cracked and removed to make way for the fillings, and then the cracked top is scattered over the fillings. It's the easiest way to prepare a pav without the fear of the toppings sliding off or the meringue falling in.

**SERVES** 8 | **PREP TIME** 30 mins | **COOK TIME** 2 hours | **TOTAL TIME** 2 hours 30 mins + cooling time

## INGREDIENTS

### Meringue

- 6 egg whites (225ml in total)
- 1 3/4 cups castor sugar
- 1 teaspoon vinegar (white wine or apple cider or you could use lemon juice)

### Crème fraîche cream

- 400ml whipping cream/thickened cream
- 200ml crème fraîche

- 2 tablespoon castor sugar
- 1 tablespoon vanilla bean paste or vanilla extract

### Toppings

- 3 mangoes, sliced
- Zest of 2 limes
- 1/4 cup toasted coconut flakes
- 50g white chocolate, finely chopped

## METHOD

### Meringue

1. Preheat your oven to 150°C/300°F (fan forced oven).
2. Whip the egg whites on medium speed in a large clean bowl using a stand mixer or hand beaters.
3. Whip the egg whites until soft peaks form (2-3 minutes).
4. Gradually add the sugar to the egg whites (whipping the whole time) by adding 1 tablespoon at a time, waiting 20-30 seconds between each addition.
5. Once all the sugar is incorporated whip the mixture on medium speed for 6 minutes.
6. Next, add the vinegar or lemon juice and beat for a further 3-4 minutes.
7. The final egg white mixture should be really thick and glossy. When you rub the mixture between your fingers there shouldn't be any grit from the sugar. If there is, whip the mixture for a few more minutes to ensure all of the sugar has dissolved.

8. Line a large baking tray with baking paper.
9. Scoop the meringue into a large mound in the centre of the tray.
10. Shape the meringue into a round shape on the tray and spread out lightly with a spatula.
11. Using the spatula around the outside of the meringue, create sweeping up motions to create a rounded and tall edge.
12. Place the tray into the preheated oven and lower the temperature to 110°C/230°F (fan forced oven).
13. Bake for 2 hours.
14. Turn the oven off and leave the meringue in the oven with the door closed to completely cool. This step is very important, don't be tempted to remove the meringue any earlier. Leaving it overnight is a great way to ensure it's completely cooled. Otherwise, 4-5 hours should be enough.
15. Remove the meringue from the oven once it is cool.

### **To assemble**

1. Whip the cream, crème fraîche, sugar, and vanilla until stiff peaks form. Whip on a low to medium speed or by hand, ensuring the cream stays smooth and doesn't curdle or over-mix.
2. Smash the top of the meringue and set aside a few of the smashed pieces to add to the cream later.
3. Dollop the vanilla cream over and into the meringue.
4. Top with the smashed meringue pieces, sliced mangoes, lime zest, toasted coconut, and finely chopped white chocolate.
5. Serve after assembling and enjoy.

### **NOTES**

I've added crème fraîche to the cream to give it a slight tangy flavour, this pairs perfectly with the sweet mango and white chocolate.

Feel free to go crazy adding the lime zest over the top. It makes all of the flavours really pop.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/mango-lime-toasted-coconut-smashed-pavlova-white-chocolate>*

Let me know if you make the recipe! x **@gatherandfeast**