

Christmas cream puff 'pavlova'

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Pavlova is a quintessential Christmas dessert in Australia and over the Tasman, but the traditional recipe contains a copious amount of sugar both in the base and the cream. Matryna Angell has the best alternative.

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To make the dessert just as indulgent yet sugar free, why not use choux pastry

(made with rice flour in a gluten-free version) and top it with all of the traditional

toppings for a sugar-free treat?

Ingredients (serves 12)

Base

- 100 g butter or coconut oil
- 1 ¼ cups water
- 1 ¼ cup unbleached plain flour or rice flour

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- 5 eggs
- Whipped cream
- 450 ml fresh cream
- 1 tsp vanilla powder
- 15 drops Stevia liquid

To top

- 3 cups fresh chopped fruit (berries, mango, kiwifruit, pitted cherries, passionfruit)

Method

Preheat oven to 220°C (200°C fan-forced) and line a large baking tray with baking paper.

In a large saucepan, melt butter or coconut oil and water over medium heat, bring to a simmer. Add flour and mix vigorously with a wooden spoon until a smooth dough ball forms. Place the dough in a large bowl of a stand mixer and set aside for 10 minutes for the dough to cool down. Turn the stand mixer on low speed and add eggs, one at a time. Continue to mix until the eggs are well incorporated and the dough thick and glossy. Turn the dough out onto the paper-lined baking tray and spread into a centimetre-thick circle.

Bake for 15 minutes, then reduce temperature to 180°C and bake for a further 15 minutes. Turn the oven off and open the door and leave the base in for a further 5 minutes. Transfer to a wire rack and leave to cool completely.

Whip cream with vanilla and stevia drops, if using, until stiff peaks. Transfer base to a serving platter and spread with whipped cream. Top with chopped fruit and serve immediately or store in the fridge, covered, for up to a day.

Words, recipes and photography: [Martyna Angell](#).

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