



Mulled spiced Pavlovas

 Gluten Free

READY IN



85 min.

SERVINGS



2

CALORIES



648 kcal

DESSERT

Ingredients

- ☐ 1 nigella seeds
- ☐ 1 cloves
- ☐ 0.5 tsp ground cinnamon
- ☐ 1 egg whites
- ☐ 50 g sugar
- ☐ 0.5 tsp cornstarch
- ☐ 0.3 tsp citrus champagne vinegar
- ☐ 0.3 tsp vanilla extract

- ☐ 0.5 tsp orange zest
- ☐ 2 tbsp crème fraîche
- ☐ 300 ml red wine
- ☐ 85 g sugar
- ☐ 2 cloves
- ☐ 2 allspice
- ☐ 1 small cinnamon sticks
- ☐ 4 cardamom pods
- ☐ 0.5 lemon zest
- ☐ 1 vanilla pod split
- ☐ 1 bay leaves
- ☐ 6 figs dried
- ☐ 125 ml cooking wine
- ☐ 3 tbsp cocoa powder
- ☐ 25 g chocolate plain

Equipment

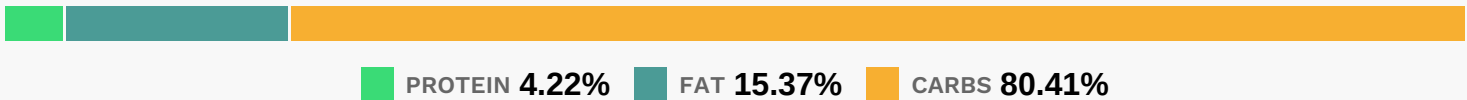
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ mortar and pestle

Directions

- ☐ First make the meringues.
- ☐ Heat oven to 140C/120C fan/gas

- ☐ Line a baking sheet with baking paper. Using a pestle and mortar or spice grinder, finely grind the cardamom seeds, clove, allspice and cinnamon together.
- ☐ Whisk the egg white until stiff peaks form, then gradually whisk in the sugar, a tbsp at a time, until you have a stiff, shiny mixture. Fold in the cornflour, vinegar, vanilla, spice mix and orange zest.
- ☐ Divide the mixture into 2 on the prepared baking sheet and use the back of a spoon to make a slight hollow in the centre of each.
- ☐ Bake for 50 mins until crisp, then turn off the heat and leave the meringues cooling in the oven for 30 mins. Finish cooling on a wire rack. If making ahead, store in an airtight container for up to 3 days or freeze for up to 1 month.
- ☐ For the figs, put all the ingredients (except the figs) in a saucepan and bring to the boil.
- ☐ Remove from the heat and leave to infuse for 30 mins. Reheat the liquid, pour over the figs, then leave overnight or at least until cool.
- ☐ Drain the figs, reserving the liquid, then thickly slice each into 2–3 pieces.
- ☐ To make the sauce, put 125ml of the reserved fig liquid and sugar in a pan. Stir over a low heat until the sugar has dissolved, then whisk in the cocoa and chocolate. The mixture will thicken as the chocolate melts. Allow the sauce to cool to room temperature.
- ☐ To assemble, spoon a little crme frache onto each Pavlova, top with the fig slices and drizzle with chocolate sauce.
- ☐ Serve extra sauce on the side.

Nutrition Facts



Properties

Glycemic Index:136.89, Glycemic Load:55.05, Inflammation Score:-8, Nutrition Score:14.351739230363%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Petunidin: 3.01mg, Petunidin: 3.01mg, Petunidin: 3.01mg, Petunidin: 3.01mg Delphinidin: 3.06mg, Delphinidin: 3.06mg, Delphinidin: 3.06mg, Delphinidin: 3.06mg Malvidin: 21.06mg, Malvidin: 21.06mg, Malvidin: 21.06mg, Malvidin: 21.06mg Peonidin: 1.9mg, Peonidin: 1.9mg, Peonidin: 1.9mg, Peonidin: 1.9mg Catechin: 16.11mg, Catechin: 16.11mg, Catechin: 16.11mg, Catechin: 16.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 21.68mg, Epicatechin: 21.68mg, Epicatechin: 21.68mg, Epicatechin: 21.68mg Epicatechin 3–gallate:

0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg
Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 2.69mg,
Naringenin: 2.69mg, Naringenin: 2.69mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg,
Apigenin: 0.2mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.03mg,
Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg,
Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin:
0.64mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg Gallocatechin: 0.12mg,
Galocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 648.21kcal (32.41%), Fat: 9.15g (14.08%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 107.7g (35.9%),
Net Carbohydrates: 98.88g (35.96%), Sugar: 87.59g (97.33%), Cholesterol: 7.08mg (2.36%), Sodium: 46.78mg
(2.03%), Alcohol: 22.9g (100%), Alcohol %: 7.88% (100%), Caffeine: 26.88mg (8.96%), Protein: 5.65g (11.3%),
Manganese: 2.51mg (125.42%), Fiber: 8.83g (35.33%), Magnesium: 110.96mg (27.74%), Copper: 0.51mg (25.35%),
Iron: 3.79mg (21.06%), Potassium: 683.35mg (19.52%), Phosphorus: 162.53mg (16.25%), Vitamin B2: 0.24mg
(14.18%), Calcium: 128.6mg (12.86%), Zinc: 1.6mg (10.68%), Vitamin B6: 0.19mg (9.29%), Selenium: 6.06µg (8.66%),
Vitamin K: 6.7µg (6.38%), Vitamin B3: 0.98mg (4.9%), Vitamin C: 4.01mg (4.86%), Vitamin B1: 0.05mg (3.57%),
Vitamin B5: 0.29mg (2.89%), Folate: 9.29µg (2.32%), Vitamin A: 94.25IU (1.88%), Vitamin E: 0.26mg (1.73%)